

City of Greenbelt

Recreation

Activity Guide

FALL 2013



Costume Contest & Parade

Friday, October 25, 4:00pm Registration

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**Recreation Department
Business Office
99 Centerway
301-397-2200**

www.greenbeltnmd.gov/recreation



Events & Exhibitions

FINE ART PHOTOGRAPHY EXHIBITION

Subversion : Photography by Rahshia Linendoll-Sawyer

June 10 - August 23

Greenbelt Community Center Art Gallery (Room 112)

Explore bubbling underwater worlds of the imagination. All ages welcome. Open during all facility hours, whenever the space is not reserved for special use. All ages welcome.

ADOPTION PHOTO EXHIBITION

The Freddie Mac Foundation "Heart Gallery"

August 30 - September 12

Greenbelt Community Center first floor hall

Change a child's life, and your own! Exhibit includes portraits of local children in need of adoption, and information on how to begin the adoption process and other ways to help a foster child. All ages welcome. Accessible during all facility hours.

ART QUILT EXHIBITION

Moving in Circles: Art Quilts by Russ Little

August 30 - October 6

Greenbelt Community Center Art Gallery (Room 112)

Meditative and richly-textured abstract works by an Artist in Residence Emeritus. Open during all facility hours, whenever the space is not reserved for special use. All ages welcome.

POOCH PLUNGE

A swim/splash party for you and your canine pal!

Saturday, September 7, 10:00am-2:00pm

Greenbelt Aquatic & Fitness Center (Outdoor Pool)

One dog per handler; handlers must be age 18 or above. No charge for handlers; nominal fee per dog. Limited to 75 dogs. Spectators welcome! Pre-register at the Animal Control booth at the Greenbelt Labor Day Festival.



ARTFUL AFTERNOON – PUPPETRY!

Sunday, October 6, 1:00pm-4:00pm

Location: Greenbelt Community Center

Most activities free! Beautiful artistry and low-tech magic will delight viewers of all ages. Enjoy a series of short works by Alex Vernon and Sarah Olmsted Thomas, along with other local artists. Performance at 3:00pm. ALSO... enjoy a free craft workshop 1:00pm-3:00pm, and an open house with the Community Center's Artists in Residence, 1:00pm-4:00pm. Visit the Art Gallery and the

Greenbelt Museum local history exhibit, and tour the Museum's historic house (\$3 or free with membership), 1:00pm-5:00pm. For more information: ndewald@greenbeltnmd.gov.

SCULPTURE EXHIBITION

Installation by Bahar Jalehmahmoudi

October 21 – November 29

Greenbelt Community Center Art Gallery (Room 112)

Workshop & video screening:

Sunday, November 3 Artful Afternoon (see page 4)

Through the use of domestic and textile artifacts, Iranian-American artist Jalehmahmoudi creates colorful, allegorical sculpture exploring cultural expectations of women and the trauma of cultural displacement. Open during all facility hours, whenever the space is not reserved for special use. Appropriate for all ages.

FALL FEST

Saturday, October 19, 2:00pm-6:00pm

Schrom Hills Park

The Recreation Department will be joining forces with the Public Works, Police and Fire Departments to host our annual Fall Fest. Make plans now to stroll over to Schrom Hills Park and join us for hay rides, games, amusements, pumpkin patch, live music, and art activities. Plans are still developing and more information will be available as the event nears.

HALLOWEEN FUN!



COSTUME CONTEST & PARADE

Friday, October 25, Registration 4:00pm-4:30pm. The Parade will start at 4:30pm sharp!

Roosevelt Center - in the grassy area in front of Curves.

Come dressed in your finest Halloween costume! Prizes will be awarded to contestants with the most innovative costume in their age group. There will also be a category for the best family and best pet. Refreshments and a performance by comedian juggler and circus performer, Michael Rosman will follow the parade. Rosman has appeared on David Letterman, Jay Leno and the Wendy Williams Show. In the event of inclement weather, call the weather hotline at 301-474-0646 for an updated event status. **FREE**

● GHOUL SKATE PARTY Ages: 6-14

● **Saturday October 26, 1:00pm-3:00pm**

● **Springhill Lake Recreation Center**

● Grab your skates and mark the date! Springhill Lake Recreation Center will host the third annual Ghou! Skate Party. Don your best costume and roll into fall. Trick or treat bags will be distributed. Roller Skates are available free of charge...or bring your own! Youth ages 6-14 will also be able to pick and decorate a pumpkin from the Springhill Lake Recreation Center's Pumpkin Patch. Pumpkins are FREE and available while supplies last. The Ghou! Skate Party is co-sponsored by the Maryland-National Capital Park and Planning Commission. Youth ages 11 and under require adult supervision.

● **For additional information call Frank Jones or Brian Butler at 301-397-2212.**

● TRICK-OR-TREAT

● **Thursday, October 31 6:00pm-8:00pm**

● Residents wishing to participate in trick-or-treat are asked to turn on their porch lights. Apartment dwellers should tie a piece of white cloth on their door.



Performers of all ages will present a wide variety of dance styles at the November Artful Afternoon.

FALL FAMILY FIT NIGHT

Wednesday, November 20, 2013, 6:00pm-8:00pm

Greenbelt Youth Center Gym

GET ACTIVE! Join family and friends for a night of fitness activities that will get you moving. Activities include inflatable orb racing, hot shot drills, jump rope endurance and hula hoop dance challenges and much more! Families with children ages 5-16 are welcome. Greenbelt, an official Let's Move! City, created the Family Fit Night program in support of First Lady Michelle Obama's campaign against childhood obesity. All participants are eligible to enter a raffle for Recreation Center and Aquatic and Fitness Center day passes!

GOBBLE WOBBLE

Thursday, November 28, 9:00am

Greenbelt Youth Center

Spend Thanksgiving morning with the Greenbelt Recreation Department as we host the sixth annual Gobble Wobble. The Gobble Wobble is roughly a 5K race (2 laps) and a 1.5 mile fun run/walk (1 lap) around Buddy Attick Park lake path. Join your family, friends, and neighbors in this great opportunity to Get Active before your Thanksgiving feast.

\$15/individual, \$50/family 4-pack (before 11/28)

\$20/individual, \$70/family 4-pack (on 11/28)



ARTFUL AFTERNOON – GREENBELT DANCES! EXPO

Sunday, November 3, 1:00pm-5:00pm

Location: Greenbelt Community Center

Most activities free! See local dancers of all ages show off their best moves, and then stay to learn some new moves yourself. Performances and demonstrations: 1:00pm-2:00pm. Movement workshops: 2:00pm-4:00pm. People's Dance Party: 4:00pm-5:00pm. ALSO... enjoy a free art workshop and video art screening, 2:00pm-4:00pm, with artist Bahar Jalehmahmoudi in conjunction with her gallery exhibition. Attend an open house with the Community Center's Artists in Residence, 1:00pm-4:00pm. Visit the Greenbelt Museum local history exhibit, and tour the Museum's historic house (\$3 or free with membership), 1:00pm-5:00pm. For more information: ndewald@greenbeltmd.gov.



FESTIVAL OF LIGHTS JURIED ART AND CRAFT FAIR

Saturday, December 7, 10:00am-5:00pm;

Sunday, December 8, 11:00am-4:00pm

Greenbelt Community Center

Free admission! Find unique gifts for all occasions, including pottery, wood crafts, textiles, books and cards, jewelry, Greenbelt Museum items and more. **Applications accepted now through October 4** from local artisans, writers, musicians, filmmakers, youth and community organizations. Guidelines and application forms are posted at www.greenbeltmd.gov/arts.

GAME OF THE MONTH FREE TO ALL FACILITY ID HOLDERS

Greenbelt Recreation Department facility ID holders are welcome to join in on the party. Each game will be televised on a large LCD flat screen TV under the supervision of Recreation Staff. Snacks and drinks are available throughout the game. Pizza will be served at halftime. Sign-up at the Springhill Lake Recreation Center during operating hours. All participants must have a Recreation Facility ID. IDs can be purchased at the Springhill Lake Recreation Center or Greenbelt Youth Center.

PIZZA PROVIDED COURTESY OF THREE BROTHERS GREENBELT

Date	Game	Time
September 15	Redskins vs. Packers	1:00pm
October 6	Eagles vs. Giants	1:00pm
November 3	Chargers vs. Redskins	1:00pm
December 1	Patriots vs. Texans	4:30pm

**STRATEGY GAMES CLUB 487501-1****Ages 10+**

Exercise your brain playing a variety of strategy games, Carcassonne, Go, Mah Jongg, Ticket to Ride, Blokus, Cloud 9. Traditional strategy games - Chess, Checkers, Backgammon, and Jenga - are also available. Come join in the fun!

Tu 7:00pm-9:00pm/YC-Multi

15 mtgs: 9/10 - 12/17

FREE

Instructor: Karen Haseley



Active Aging Week:

Discover Your Community

September 21 - 28, 2013

Many activities for all ages will be taking place during this week. Watch the *News Review* for a list of the activities or stop by a Recreation Department Facility to pick up the schedule in September. Activities will include **Health and Fitness**, a **Fashion Show** by Taylor Marie's Apparel, Wii, swim programs, and much more! Call 240-542-2054 for more information.





Pre-School Programs

MOM'S MORNING OUT

- This traditional pre-school program provides activities that encourage social development, gross motor skills, and following instructions. Children must be fully potty trained prior to enrolling in class. Sessions are not offered on some county scheduled school holidays, school closures, and delays due to inclement weather or emergencies. Please complete a 'Student Profile' packet when registering your child. Contact the Recreation Department business office at (301)-397-2200 for additional information. Payment plans are available.
- **427503-1 Ages 3-4 Tu/Th 9:00am-12:00pm/YC-AC**
 28 mtgs: 9/10 - 12/19
 (No class 11/26, 11/28)
 R: \$379, NR: \$465
 Instructors: Gaye Houchens & Cathy Pracht
- **427503-2 Ages 4-5 M/W/F 9:00am-1:00pm/YC-AC**
 41 mtgs: 9/9 - 12/20
 (No class 11/11, 11/25, 11/27, 11/29)
 R: \$739, NR: \$899
 Instructors: Gaye Houchens & Cathy Pracht

SWIM LESSONS

Contact: GAFC, 301-397-2204

PH=Pass Holder; RNPH=Resident Non-Pass Holder;
 NRNPH=Non-Resident, Non-Passholder

Rates for all Youth Swim Lessons are:

PH: \$39, RNPH: \$43, NRNPH: \$49

AQUA TOTS I 421116-B **Ages 6 months-2 years**

Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class. Only one adult per child will be permitted to participate per class. Accompanying adults will learn techniques to help children adjust to the water and be introduced to simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

Sa 9:45am-10:15am/GAFC

8 mtgs: 9/21 - 11/9

AQUA TOTS II 421117-A

Ages 2-4

Children must be accompanied into the water by an adult dressed in a bathing suit prepared to participate in class. Only one adult per child will be permitted to participate per class. Accompanying adults will learn techniques to help children adjust to the water and begin to master simple skills. Children who wear diapers are required to wear a swim diaper underneath a bathing suit.

Sa 9:00am-9:30am/GAFC

8 mtgs: 9/21 - 11/9

BEGINNER I, PRESCHOOL

Ages 3-5

Become comfortable in the water. The preschool program is designed for young children who have not yet finished kindergarten but are able to perform independently; parent participation is not permitted. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

421118-C Sa 10:30am-11:00am/GAFC

8 mtgs: 9/21 - 11/9

421118-D Sa 11:15am-11:45am/GAFC

8 mtgs: 9/21 - 11/9

ACTIVE PLAY AND ATHLETICS

Contact: Greg Varda, 240-542-2193
 gvarda@greenbeltmd.gov

GYMBORAMA **Ages birth-3**

Spend quality time in a parent-child playgroup offering creative free play and activities. Each class concludes with instructor-led rhymes, action songs and finger-plays in the last 15 minutes of class. Spaces are limited.

412502-1

Tu 9:30am-10:30am/SHLRC-Gym
 9 mtgs: 9/10 - 11/12 (No class 10/15)
 R: \$36, NR: \$44
 Instructor: Li'l Dan Celdran

412502-2

F 9:30am-10:30am/YC-Multi
 9 mtgs: 9/13 - 11/22 (No class 9/27, 10/18)
 R: \$36, NR: \$44
 Instructor: Katherine McElhenny

TUMBLE BUGS

Enhance your child's gross motor skills, flexibility, balance, and social skills through age appropriate activities in a fun and safe environment. Spaces are limited.

412501-1 **Ages birth-35 months**

M 9:15am-10:00am/YC-Multi
 9 mtgs: 9/9 - 11/18 (No class 10/28, 11/11)
 R: \$35, NR: \$40

412501-2 **Ages 3-5**

M 10:15am-11:00am/YC-Multi
 9 mtgs: 9/9 - 11/18 (No class 10/28, 11/11)
 R: \$35, NR: \$40
 Instructor: Li'l Dan Celdran

YOUTH SOCCER SHORTS 422504-1**Age 3**

Youth Soccer Shorts introduces 3 year olds to the sport of soccer through six weekly sessions. Basic soccer skills will be developed through a variety of games. All players will receive an award at the last session.

Sa 9:15am-9:45am/BF-2
 6 mtgs: 9/21 - 10/26

R: \$30, NR: \$35

YOUTH SOCCER LEAGUE 422504-2**Ages 4-5**

Join us this fall for another season of youth soccer. This league is a perfect opportunity for young children to get oriented with the sport of soccer in an atmosphere emphasizing sportsmanship and having fun. Practices will be held once a week. All games will be played on Saturday mornings. Each player will receive a team shirt, soccer socks, and a ball. All players will also receive an award at the conclusion of the season.

Practices: T 6:15pm-7:00pm/BF-2
 Games: Sa 10:00am-11:00am/BF-2
 9/10 - 10/26 (No game 9/14)

R: \$60, NR: \$70

CREATIVE ARTS**PRE-SCHOOL ART EXPLORATION****Ages 0-5**

Children and caregivers share the experience of creative exploration in a studio setting, while facilitating toddlers' socialization. Different tools and materials will be introduced, encouraging visual and tactile discovery. Emphasis is on process, rather than the completion of a defined project. Families may enter and leave any time during the hour as children's attention spans will vary. This is a parent-child activity; caregivers must please enroll, attend and actively participate. When registering: sections 1 and 3 are for kids; sections 2 and 4 are for caregivers. Class must meet minimum enrollment by 9/8 in order to run.

**423201-1 CHILDREN** **Ages birth-5** R: \$47, NR: \$57**423201-2 CAREGIVERS** **Ages 16+** FREE

Tu 9:30am-10:30am/CC-113
 10 mtgs: 9/10 - 11/19 (No class 10/15)
 Instructor: Sally Davies

423201-3 CHILDREN **Ages birth-5** R: \$38, NR: \$49**423201-4 CAREGIVERS** **Ages 16+** FREE

Sa 10:00am-11:00am/SHLRC-Clubhouse
 8 mtgs: 9/14 - 11/2
 Instructor: Jillian Randall

Contact: Kelly Wargo, 240-542-2062,
 kwargo@greenbeltmd.gov

PRE-SCHOOL MUSIC AND ART**Ages 2-5**

Caregivers and children experience music and art together. Every week the class participates in music, movement, and percussion instrument play. An art project follows the music portion of the class. A different theme weaves the two sections together to introduce your child to the connections between art and music. This is a parent-child class; caregivers must please enroll, attend and actively participate. When registering: sections 1 and 3 are for kids; sections 2 and 4 are for caregivers. This class must meet minimum enrollment by 9/16 in order to run.

423202-1 CHILDREN **Ages 2-5** R: \$41, NR: \$54**423202-2 CAREGIVERS** **Ages 16+** FREE

W 9:15am-10:15am/CC-10
 8 mtgs: 9/18 - 11/6

423202-3 CHILDREN **Ages 2-5** R: \$41, NR: \$54**423202-4 CAREGIVERS** **Ages 16+** FREE

Th 9:30am-10:30am/CC-10
 8 mtgs: 9/19 - 11/7

Instructors: Lucy Dirksen, Anne Gardner
 Contact: Anne Gardner, 240-542-2060,
 agardner@greenbeltmd.gov

'HISTORIAS' (BILINGUAL STORY TIME)

Fun, informal engagement for children and caregivers. 'Historias' is a bilingual story time designed for babies and toddlers. Each session provides participants and caregivers the opportunity to read, sing and speak Spanish in an informal story time. Sessions aim to develop early literacy skills in English and Spanish. This is a parent-child class; caregivers must please enroll, attend and participate. Spaces are limited.

8 mtgs: 9/13 - 11/8 (No class 9/27) R/NR: FREE

429501-1 Ages walkers-35 months

F 11:00am-11:30am/YC-Conf

429501-2 Ages 3-5

F 11:45am-12:15pm/YC-Conf

Instructor: Alejandra Camarillo

BABY MUSIC

Ages birth-3

This class will help parents and small children enjoy music together in daily life. Explore nursery rhymes and folk songs, games and movement, recorded music, age-appropriate instruments and more.

424202-1 Tu 10:45am-11:30am/CC-201

7 mtgs: 9/17 - 11/5 (No class 10/15) R: \$22, NR: \$27

424202-2 F 10:45am-11:30am/CC-201

7 mtgs: 9/20 - 11/1

R: \$22, NR: \$27

Instructor: Melissa Sites

LITTLE EXPLORERS 429502-1

Ages 3-5

Ignite the imagination through literature, songs, and movement exploring a new theme every week. Themes include animals, colors, shapes, seasons, transportation and music. Each session begins with story time. The remainder of class guides children in creating theme related crafts. This is a parent-child class; caregivers must please enroll, attend and participate. Spaces are limited.

W 10:00am-11:00am/YC-Multi

10 mtgs: 9/11 - 11/13

R: \$49, NR: \$59

Instructor: Andrea D. Marcavitch

DANCE

**Contact: Angella Foster, 240-542-2067
afoster@greenbeltmd.gov**

CREATIVE MOVEMENT 424200-WE

Ages 3-4

A joyful exploration of movement, music and imagination! Emphasis is on developing each child's creativity and confidence through dance, storytelling and rhythmic games. Students should wear clothes that are easy to move in and bare feet. No jeans or costumes please. Minimum age requirement date: 8/31/2013.

W 4:00pm-4:45pm/CC-10

13 mtgs: 9/11 - 12/11 (No class 11/27)

R: \$78, NR: \$84

Instructor: Valerie Branch

PRE-DANCE 434200-MO

Ages 4-5

Aspiring young dancers discover the basics of ballet, jazz and contemporary dance in a fun, nurturing environment. Emphasis is on developing the discipline, confidence and coordination needed for Pre-Ballet, Pre-Jazz or Lil' Hip Hop. In-Studio performance for friends & family on last day of class! Students should wear comfortable clothes and bare feet. Minimum age requirement date 08/31/2013.

M 4:00pm-4:45pm/CC-10

12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)

R: \$72, NR: \$78

Instructor: Katie Heintz

Visit www.greenbeltmd.gov/dance for Greenbelt Dance Studio information.



Elementary/ Middle School Programs

SWIM LESSONS

Contact: GAFC, 301-397-2204

PH=Pass Holder; RNPH=Resident Non-Pass Holder;
NRNPH=Non-Resident, Non-Passholder

ALL CHILDREN'S SWIM LESSON PRICES:
PH: \$39 RNPH: \$43 NRNPH: \$49

BEGINNER I

Ages 5-10

Become comfortable in the water. Students will learn to be comfortable in shallow and deep water and practice floating techniques. Proper leg and arm movements for strokes will be introduced.

431120-B Sa 9:45am-10:15am/GAFC
8 mtgs: 9/21 - 11/9

431120-C Sa 10:30am-11:00am/GAFC
8 mtgs: 9/21 - 11/9

431120-D Sa 11:15am-11:45am/GAFC
8 mtgs: 9/21 - 11/9

BEGINNER II

Ages 5-12

Learn basic swimming skills. Class will be held in water over swimmers' heads. Students will learn proper body position and arm movements for front crawl, elementary backstroke and breaststroke. Back crawl, treading water, and breathing techniques will be introduced. Prerequisites: assisted float on front and back in deep water, streamline glide from wall on front and back, and object retrieval from bottom of pool with head submerged.

431121-A Sa 9:00am-9:30am/GAFC
8 mtgs: 9/21 - 11/9

431121-C Sa 10:30am-11:00am/GAFC
8 mtgs: 9/21 - 11/9

431121-D Sa 11:15am-11:45am/GAFC
8 mtgs: 9/21 - 11/9

**REGISTRATION INFORMATION FOR ALL
CLASSES CAN BE FOUND ON PAGES 28-29.**



BEGINNER III

Ages 5-15

Improve basic swimming skills. Students will learn rhythmic breathing, proper kick for elementary backstroke and breaststroke, and treading water. Scissor kick and dolphin kick will be introduced. Prerequisites: 10 yards front crawl, 10 yards basic elementary backstroke, 5 yards basic breaststroke.

431122-A Sa 9:00am-9:30am/GAFC
8 mtgs: 9/21 - 11/9

431122-B Sa 9:45am-10:15am/GAFC
8 mtgs: 9/21 - 11/9

ADVANCED BEGINNER

Ages 5-15

Transition from basic swimming to more advanced swimming skills. Students will learn basic dives and improve front crawl, back crawl, elementary backstroke and breaststroke. Sidestroke, butterfly, and underwater swimming will be introduced. Prerequisites: 15 yards front crawl, 15 yards back crawl, 15 yards elementary backstroke, 10 yards breaststroke and 30 seconds treading water.

431123-A Sa 9:00am-9:30am/GAFC
8 mtgs: 9/21 - 11/9

431123-B Sa 9:45am-10:15am/GAFC
8 mtgs: 9/21 - 11/9

INTERMEDIATE 431124-C

Ages 5-15

Learn distance swimming skills. Students will swim full lengths of the pool to improve front crawl, back crawl, breaststroke, sidestroke, and butterfly, and retrieve objects from the deep end. Flip turns and long shallow dives will be introduced. Prerequisites: 25 yards front crawl, 25 yards back crawl, 25 yards elementary backstroke, 15 yards breaststroke, and 1 minute treading water.

Sa 10:30am-11:00am/GAFC

8 mtgs: 9/21 - 11/9

SWIMMER 431125-D

Ages 5-15

Build swimming endurance. Students will refine front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly. Prerequisites: 50 yards front crawl, 50 yards back crawl, 25 yards breaststroke, 25 yards sidestroke, 10 yards butterfly, and 2 minutes treading water.

Sa 11:15am-11:45am/GAFC

8 mtgs: 9/21 - 11/9

ATHLETICS

3 ON 3 HOOP IT UP 445402-1

Ages 12-16

This is a drop-in program open to youth with a valid Greenbelt Recreation Department ID card. Participants will be divided into teams and play each other in ten minute games. There are no standings and teammates will change each week. This program emphasizes sportsmanship, cooperation and team play. All games will be played every other Wednesday.

W 5:00pm-6:00pm/SHLRC-Gym

6 mtgs: 9/11 - 11/20

(No class 9/18, 10/2, 10/16, 10/30, 11/13)

FANTASTIC 4 (DAY) BASKETBALL CLINIC Ages 8-16

Raise your game with this four day skills clinic. Clinics will be hosted at Springhill Lake Recreation Center. They will emphasize proper fundamentals through drills and individual instruction. Drills will cover defense, dribbling, passing, and shooting.

1:00pm-2:00pm/SHLRC-Gym

9/27, 10/18, 10/28 and 11/11

YOUTH TENNIS CLINIC

This clinic is designed to introduce the sport of tennis to your child. Tennis skills will be developed through a variety of drills and games. Participants will be placed into groups based on their age. Class space is limited, so register now!

432601-1 Ages 8-10

Th 6:15pm-7:15pm/BFTC-CRT1

8 mtgs: 9/12 - 11/7 (No class 10/31)

R: \$65, NR: \$80

432601-2 Ages 11-13

Th 7:15pm-8:15pm/BFTC-CRT1

8 mtgs: 9/12 - 11/7 (no class 10/31)

R: \$65, NR: \$80

YOUTH BEGINNER ARCHERY

Shoot for it! PREVIOUS EXPERIENCE NOT REQUIRED. Learn proper safety, shooting techniques, scoring, eye dominance, alignment and hand position with re-curve bows. All equipment will be provided. Sessions will be led by a certified National Archery Association instructor.

437503-1 Ages 6-7

Sa 11:30am-12:15pm/BF-2

6 mtgs: 9/21 - 10/26

R: \$34, NR: \$39

437503-2 Ages 8-10

M 4:30pm-5:15pm/BF-2

9 mtgs: 9/9 - 11/4

R: \$49, NR: \$64

437503-3 Ages 11-14

M 5:30pm-6:15pm/BF-2

9 mtgs: 9/9 - 11/4

R: \$49, NR: \$64

Instructors: Sarah Layton & Kaila Macguire

YOUTH INTERMEDIATE ARCHERY 437508-5

Ages 11-14

Refine your alignment, release and follow through in an intermediate level course using re-curve and compound bows. **PARTICIPANTS REQUIRE SIX MONTHS OF ARCHERY EXPERIENCE** and basic knowledge of range safety procedures, shooting technique, hand position and stance. Enhance the skills taught in Beginner Archery. All equipment will be provided. Sessions will be led by a certified National Archery Association instructor.

Th 5:00pm-6:00pm/BF-2

9 mtgs: 9/12 - 11/7

R: \$49, NR: \$64

Instructor: Stephen "Doc" Lee

TKA KARATE

Ages 5-12

Registration for this class will be held at the Greenbelt Youth Center the first night of class. For more information please call 301-840-9262.

M 6:30pm-7:30pm/YC-Multi

15 mtgs: 9/9 - 1/6

R/NR: \$83

AFTER SCHOOL BEE YOGA

Ages 5-14

Contort to a combination of yoga and creative movement. Together boys and girls engage in non-competitive physical outlet while learning basic stretching exercises to promote strength, flexibility, coordination and balance. Breathing techniques teach kids how to focus, relax and develop self-control. A safe place to have fun and 'bee' a kid! Yoga mat required. Please wear clothing that will stretch. No dresses or skirts.

432602-1 GES YOGA BEGINNERS

Tu 3:30pm-4:30pm/GES

R/NR: \$64

8 mtgs: 9/24 - 11/19 (No class 10/15)

432602-2 GES YOGA RETURNERS

Th 3:30pm-4:30pm/GES

8 mtgs: 9/26 - 11/14

R/NR: \$64

Instructor: Gretchen Schock

**R=Greenbelt Resident Rate;
NR=Non-Resident Rate**

VISUAL ARTS

Contact: Kelly Wargo, 240-542-2062
kwargo@greenbeltmd.gov

AFTERSCHOOL ART ADVENTURES

A weekly program of creative play and expression provided at local elementary schools. Please note the specific meeting place of individual sections. Students who are not enrolled in the school where the class meets may register on or after 9/16. Caregivers are encouraged to join their child at the final class meeting to participate in an art activity. These classes must meet minimum enrollment by 9/19 in order to run.

433600-1 GREENBELT ELEMENTARY Ages 5-12

M 3:30pm-4:30pm/GES R: \$62, NR: \$70

8 mtgs: 9/23 - 11/25 (No class 10/28, 11/11)

Instructor: Sally Davies

433600-2 GREENBELT ELEMENTARY Ages 5-12

W 3:30pm-4:30pm/GES

8 mtgs: 9/25 - 11/13 R: \$62, NR: \$70

Instructor: Sally Davies

433600-3 MAGNOLIA ELEMENTARY Ages 5-12

Tu 3:30pm-4:30pm/MES

8 mtgs: 9/24 - 11/12 R: \$62, NR: \$70

Instructor: Cathy Pracht

SATURDAY CERAMICS 433208-1 Ages 5-10

Children learn hand-building and decorating techniques, creating pottery and sculpture. All materials provided. Class is concurrent with "Throwing Clay" for older youth. Class must meet minimum enrollment by Th, 9/19 in order to run.

Sa 10:00am-12:00pm/CC-304

12 mtgs: 9/21 - 12/7 R: \$125, NR: \$145

Instructor: Holly Vandersommers Brunetti

THROWING CLAY

443251-1

Ages 10-18

Discover the creative possibilities of both hand-building and the potter's wheel. Personalized attention enables students to follow their imagination while cultivating technical skills. Recycled clay is available at no charge for participants under age 16. Participants ages 16+: Ceramic Open Studio is included and purchase of new clay is required. Class must meet minimum enrollment by Th, 9/19, in order to run.

Sa 10:00am-12:00pm/CC-305

12 mtgs: 9/21 - 12/7 R: \$175, NR: \$217

Instructor: Michael Pappas



DANCE STUDIO CLASSES

Contact: Angella Foster at 240-542-2067
afoster@greenbeltmd.gov

**Minimum age requirement date for ALL
Dance classes is 8/31/2013.**

PRE-BALLET

Ages 5-7

Young dancers will develop the proper posture, flexibility and discipline needed to begin a more formal study of classical ballet. Students will learn the elementary positions and movement phrases of ballet as well as some basic character dance steps used in traditional story ballets like the *Nutcracker* and *Swan Lake*. Emphasis will also be placed on learning proper French terminology. Students should wear leggings or footless tights with a snug fitting top or leotard. Pink leather ballet slippers or bare feet. In-studio performance for friends & family on last day of class. Completion of Pre-Dance preferable but not required.

434201-TH 4:15pm-5:00pm/CC-10

13 mtgs: 9/12 - 12/12 (No class 11/28)

R: \$78, NR: \$84

434201-SA 10:15am-11:00am/CC-10

12 mtgs: 9/21 - 12/14 (No class 11/30)

R: \$72, NR: \$78

Instructors: Angella Foster, Katie Heintz

PRE-JAZZ

Ages 5-7

Energetic young dancers will develop the rhythmic accuracy, discipline and coordination needed to begin a more formal study of jazz dance forms. In a positive but structured environment, students will learn elementary jazz positions and phrases as well as short, upbeat choreographed dances for in-class showings. Perfect for dancers who have completed Pre-Dance and are ready for a fun, new challenge! Students should wear leggings or sweat pants with a snug fitting top and bare feet. Completion of Pre-Dance recommended but not required.

434204-MO 4:45pm-5:30pm/CC-10

12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)

R: \$72, NR: \$78

434204-WE 4:45pm-5:30pm/CC-10

13 mtgs: 9/11 - 12/11 (No class 11/27)

R: \$78, NR: \$84

Instructors: Katie Heintz, Valerie Branch

LIL' HIP HOP 434206-1

Ages 5-7

A fun, upbeat introduction to hip hop designed especially for young dancers with little to no previous dance experience. Dancers will learn the basics of popping, locking and isolations as well as fast, fun hip hop routines to a mix of age-appropriate beats. In-studio performance for friends & family on last day of class! See Dance Performance Club for more performance opportunities. Students should wear sneakers and comfortable clothes.

Tu 4:00pm-4:45pm/CC-10

R: \$78, NR: \$84

13 mtgs: 9/10 - 12/10 (No class 10/15)

Instructor: Valerie Branch

MUSICAL THEATER TAP I 434207-1

Ages 6-9

Perfect for students interested in any aspect of performing arts, but musicals in particular! Learn classic tap steps featured in movie musicals like *Singin' in the Rain*, *42nd Street* and *Happy Feet*. Uniform: Black jazz pants or leggings, snug fitting plain t-shirt and black or tan tap shoes. No character heels please. Previous dance experience not necessary. In-studio performance for friends & family on last day of class. For additional performance opportunities, see Dance Performance Club.

M 4:00pm-4:45pm/CC-106

R: \$96, NR: \$104

12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)

Instructor: Fannezha Ford

MUSICAL THEATER TAP II 434207-2

Ages 8-12

Perfect for students interested in any aspect of performing arts, but musicals in particular! This class is a continuation of Musical Theater Tap I, so students should have previous tap experience. Dancers will work on mastering classic tap steps like time steps and cramp rolls featured in movie musicals like *Singin' in the Rain* and *42nd Street*. Uniform: Black jazz pants or leggings, snug fitting plain t-shirt and black or tan tap shoes. No character heels please. In-studio performance for friends & family on last day of class. For additional performance opportunities, see Dance Performance Club.

M 4:45pm-5:45pm/CC-106

R: \$96, NR: \$104

12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)

Instructor: Fannezha Ford

BALLET I

Ages 7-11

An introduction to the grace and discipline of classical ballet. This class teaches young dancers the basic postures and body positions which lay the foundation of this beautiful dance form. Emphasis is on developing each student's flexibility, strength and musicality. Perfect for aspiring young dancers who have completed Pre-Ballet. Uniform: Girls - pink ballet shoes, pink tights, black leotard, long hair secured in bun. Boys - black ballet shoes, black leggings, snug white t-shirt. In-Studio performance for friends & family on last day of class. For additional performance opportunities, see *Nutcracker* Ballet Club.

434202-1 Th 5:00pm-6:00pm/CC-10

13 mtgs: 9/12 - 12/12 (No class 11/28)

R: \$104, NR: \$112

434202-1B Sa 11:00am-12:00pm/CC-10

12 mtgs: 9/21 - 12/14 (No class 11/30)

R: \$96, NR: \$104

Instructors: Katie Heintz, Angella Foster

BALLET II 434203-1

Ages 8-12

A continuation of Ballet I. Students must have completed at least one full year of ballet training. Emphasis is on developing each dancer's understanding and mastery of the basic movements and performance quality characteristics of classical ballet. Uniform: Girls - pink ballet shoes, pink tights, black leotard, long hair secured in bun. Boys - black ballet shoes, black leggings, snug white t-shirt. In-Studio Performance for friends and family on last day of class. For additional performance opportunities, see *Nutcracker* Ballet Club.

Th 6:00pm-7:00pm/CC-10

R: \$104, NR: \$112

13 mtgs: 9/12 - 12/12 (No class 11/28)

Instructor: Katie Heintz

BALLET III 434210-1

Ages 8-12

A continuation of Ballet II. Students must have completed at least two full years of ballet training. Emphasis is on developing each dancer's understanding and mastery of the fundamentals of jumping and turning as well as the poise and performance quality characteristic of classical ballet. Uniform: Girls - pink ballet shoes, pink tights, black leotard, long hair secured in bun. Boys - black ballet shoes, black leggings, snug white t-shirt. In-Studio Performance for friends and family on last day of class. For additional performance opportunities, see *Nutcracker* Ballet Club.

M 5:45pm-6:45pm/CC-10

R: \$96, NR: \$104

12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)

Instructor: Katie Heintz

BALLET IV 434211-1

Ages 9-14

A continuation of Ballet III. Students must have completed at least three full years of ballet training. Emphasis is on developing each dancer's understanding and mastery of the fundamentals of jumping and turning as well as the poise and performance quality characteristic of classical ballet. Uniform: Girls - pink ballet shoes, pink tights, black leotard, long hair secured in bun. Boys - black ballet shoes, black leggings, snug white t-shirt. In-Studio Performance for friends and family on last day of class. For additional performance opportunities, see *Nutcracker* Ballet Club.

Sa 12:00pm-1:00pm/CC-10

R: \$96, NR: \$104

12 mtgs: 9/21 - 12/14 (No class 11/30)

Instructor: Angella Foster

CONTEMPORARY DANCE 434205-1

Ages 8-12

Contemporary dance combines elements of ballet, yoga, Pilates, basic tumbling and modern dance to create a fusion that is fun, expressive and great exercise. No previous dance experience necessary. In-studio performance on last day of class! See Dance Performance Club for additional performance opportunities. Uniform: Bare feet, black yoga pants or leggings and snug top.

Tu 6:00pm-7:00pm/CC-10

R: \$104, NR: \$112

13 mtgs: 9/10 - 12/10 (No class 10/15)

Instructor: Valerie Branch

**Minimum age requirement date for all
Dance classes is 8/31/2013.**

HIP HOP/STREET JAZZ 434601-1**Ages 8-12**

A fun, upbeat class that will introduce new and experienced dancers alike to the fast-moving styles of hip hop and street jazz. Emphasis is on learning choreography as well as popping, locking and isolations. In-studio performance for friends & family on last day of class! See Dance Performance Club for more performance opportunities. Students should wear sneakers and comfortable clothes.

Tu 5:00pm-6:00pm/CC-10**R: \$104, NR: \$112****13 mtgs: 9/11 - 12/11 (No class 11/27)****Instructor: Valerie Branch****DANCE PERFORMANCE CLUB 434209-1****Ages 7-14**

Ready, set, dance! Dance performance club is for young dancers who have had at least one year of dance training and are ready to step into the spotlight. This year we'll be performing to excerpts from the famous movie musical *Mary Poppins*. All dance performance club students will perform at the third annual Greenbelt Dances! Expo on Sunday, November 3 from 1:00pm-2:00pm. Girls' Uniform: Black or pink leotard (no attached skirts) with pink footless tights. Boys' Uniform: Black jazz or yoga pants and plain white t-shirt. Uniform will serve as the foundation for added costume pieces. Prerequisite: To participate in Dance Performance Club, students must also be concurrently enrolled in a weekly dance technique class such as Pre-Ballet, Pre-Jazz, Ballet, Contemporary or Hip Hop.

F 4:00pm-5:00pm/CC-10**7 mtgs: 9/20 - 11/1****R: \$70, NR: \$80****Instructors: Valerie Branch, Katie Heintz****NUTCRACKER BALLET CLUB 434208-1****Ages 7-14**

Nutcracker Ballet Club is just for young dancers enrolled in our ballet program who are ready to step into the spotlight. In this class, young ballet dancers will learn dances from the famous *Nutcracker* ballet as well as learn about the music and history of this seasonal favorite. All *Nutcracker* Ballet Club students will perform at the third annual Greenbelt Dances! Expo on Sunday, November 3 from 1:00pm-2:00pm. Girls' Uniform: Black or pink leotard (no attached skirts) with pink tights and pink leather ballet shoes. Boys' Uniform: White t-shirt, black leggings and black leather ballet shoes. Uniform will serve as the foundation for added costume pieces. Prerequisite: To participate in *Nutcracker* Ballet Club, students must also be concurrently enrolled in a weekly ballet technique class such as Pre-Ballet, Ballet I, Ballet II, Ballet III or Ballet IV.

F 5:00pm-6:00pm/CC-10**7 mtgs: 9/20 - 11/1****R: \$70, NR: \$80****Instructors: Valerie Branch, Katie Heintz**

**Minimum age requirement date for all
Dance classes is 8/31/2013.**

**More teen dance classes
on page 21.**

SCHOOL'S OUT

Each Schools Out day has a theme (see below). School's Out days are offered for children ages 7-14. The program runs from **9:00am-3:30pm**. Lunch and afternoon snack will be provided. Before care is available beginning 7:00am for an additional \$5 per child per session. After care is also available from 3:30pm-6:00pm for an additional \$8 per child per session. PRE-REGISTRATION REQUIRED. Spaces are limited. **R: \$39, NR: \$49**

LEARN TO BE A CIRCUS CLOWN 436501-1**Ages 7-14**

Join former theatrical director and clown Betty May for a fun-filled day of circus skills training. Learn juggling, stilt-walking, unicycling, balance boards, rolling globe, partner acrobatics, and clown gags, including how to safely slip on a banana peel or take a pie in the face! Campers are safely taught at their individual skill level.

F 9/27 Community Center Gymnasium**Instructor: Betty May****VIDEO PRODUCTIONS 436501-2****Ages 7-14**

Join your friends in creating short videos such as commercials and music videos. Work together on the entire process from idea, script, shooting and editing. Each person will get a copy of their completed DVD mailed to them.

F 10/18 Greenbelt Municipal Building - 2nd floor**Instructor: Bev Palau****SPOOKTACULAR HALLOWEEN 436501-3****Ages 7-14**

Enjoy a fun filled day of Spooktacular Halloween activities. Activities include pumpkin carving, make and take scarecrows, crafts and making creative edible treats.

M 10/28 Youth Center - Multipurpose Room**Instructors: Cathy Pracht & Staff**

SWIM LESSONS

Contact: GAFC, 301-397-2204

PH=Pass Holder; RNPH=Resident Non-Pass Holder;
NRNPH=Non-Resident, Non-Passholder**ALL CHILDREN'S SWIM LESSON PRICES:**

PH: \$42 RNPH: \$47 NRNPH: \$53

BEGINNING I & BEGINNING II - HOMESCHOOL**431130-A****Ages 5-12**

This program is designed for children who are home schooled. Beginner I and II swimming levels.

F 11:15am-12:00pm/GAFC 8 mtgs: 9/20 - 11/8**BEGINNING III & ADVANCED BEGINNING -****HOMESCHOOL 431131-B****Ages 5-15**

This program is designed for children who are home schooled. Beginner III and Advanced Beginner swimming levels.

F 12:15pm-1:00pm/GAFC 8 mtgs: 9/20 - 11/8**INTERMEDIATE & SWIMMER - HOMESCHOOL****431132-C****Ages 5-15**

This program is designed for children who are home schooled. Intermediate swimming level and above.

F 1:15pm-2:00pm/GAFC 8 mtgs: 9/20 - 11/8**HOMESCHOOL ARTS****HOMESCHOOL CERAMICS: HAND-BUILDING****433201-1****Ages 5-9**

Learn a variety of hand-building techniques while creating pots and sculpture. All materials provided. Children may participate by themselves, or caregivers can register, too! (Please visit the Community Center office or call 301-397-2208 for assistance with caregiver registration.) Class must meet minimum enrollment by 9/9 in order to run.

W 2:00pm-3:15pm/CC-304 12 mtgs: 9/11 - 11/27**R: \$93 per child or parent, NR: \$121 per child or parent****Instructor: Judy Goldberg-Strassler****Contact Kelly Wargo, 240-542-2062****kwargo@greenbeltmd.gov****HOMESCHOOL POTTER'S WHEEL 433221-1****Ages 10-16**

Take on the potter's wheel and learn the fundamental skills to create and decorate your own functional wares. All materials provided. Youth may participate by themselves, or caregivers can register, too! Please register early; class must meet minimum enrollment by 9/9 in order to run.

W 2:00pm-3:15pm/CC-305**12 mtgs: 9/11 - 11/27****R: \$113, NR: \$147****Instructor: Gina Mai Denn****Contact Kelly Wargo, 240-542-2062****kwargo@greenbeltmd.gov**

Home School Programs

**HOMESCHOOL DRAMA: FROM PAGE TO STAGE****434236-1****Ages 8-12**

Learn the basics of acting, gain self-confidence, and have lots of fun, too! This course combines theater and world history with literature, as young actors study a script written/adapted especially for the students in the class and learn to bring the written words from the PAGE and make them come alive on the STAGE. The semester culminates in a short play showcasing the efforts of the class both as actors and as students. Final performance during class on November 19. (mandatory attendance).

Tu 10:00am-11:30am/CC-202**10 mtgs: 9/17 - 11/19****R: \$105, NR: \$116****Instructor: Kate Magill****HOMESCHOOL DRAMA: CLASSICS IN ACTION****444238-1****Ages 13-17**

Designed to challenge older students, this course delves deeper into script work and character creation, helping students develop their strengths and surmount their challenges as actors. Students develop a personal connection with classic literary works (Shakespeare, Chekhov, Poe, Jane Austen, etc.) through in-depth scene study and monologue study, while also learning to examine a play or novel as a whole. This pan-disciplinary course incorporates history, literature and occasionally music and/or art. Final performance during class on November 19 (mandatory attendance). No prior experience necessary.

Tu 12:00pm-2:00pm/CC-202**10 mtgs: 9/17 - 11/19****R: \$140, NR: \$154****Instructor: Kate Magill**

Teen & Adult Programs

AQUATIC EXERCISE

Contact: GAFC, 301-397-2204

PH=Pass Holder; RNPH=Resident Non-Pass Holder;
NRNPH=Non-Resident, Non-Passholder

DEEP WATER AEROBICS

Ages 16+

A non-impact class designed to improve cardiovascular endurance. The class uses a variety of water movements to increase tone and definition of upper and lower body. Participants can use a floatation belt.

451170-1A M/W 7:00pm-7:45pm/GAFC

8 mtgs: 8/26 - 9/25 (No class 9/2, 9/4)

PH: \$36 RNPH: \$41 NRNPH: \$46

451170-1B Tu/Th 6:00pm-6:45pm/GAFC

9 mtgs: 8/27 - 9/26 (No class 9/5)

PH: \$40 RNPH: \$45 NRNPH: \$50

451170-2A M/W 7:00pm-7:45pm/GAFC

9 mtgs: 10/7 - 11/6 (No class 10/14)

PH: \$40 RNPH: \$45 NRNPH: \$50

451170-2B Tu/Th 6:00pm-6:45pm/GAFC

10 mtgs: 10/8 - 11/7

PH: \$44 RNPH: \$49 NRNPH: \$54

451170-3A M/W 7:00pm-7:45pm/GAFC

10 mtgs: 11/18 - 12/18

PH: \$44 RNPH: \$49 NRNPH: \$54

451170-3B Tu/Th 6:00pm-6:45pm/GAFC

9 mtgs: 11/19 - 12/19 (No class 11/28)

PH: \$40 RNPH: \$45 NRNPH: \$50

AQUACIZE

Ages 16+

Emphasizes aerobics, stretching and toning exercises for the swimmer and non-swimmer. Aquacize is designed to condition the heart and lungs and to improve muscle tone while burning calories. Muscle conditioning, use of bottles and spa bells are included in the class.

451171-1A M/W/F 8:00am-8:45am/GAFC

14 mtgs: 8/26 - 9/27 (No class 9/2)

PH: \$60 RNPH: \$65 NRNPH: \$70

451171-1B M/W/F 10:00am-10:45am/GAFC

14 mtgs: 8/26 - 9/27 (No class 9/2)

PH: \$60 RNPH: \$65 NRNPH: \$70

451171-1C M/W 6:30pm-7:15pm/GAFC

8 mtgs: 8/26 - 9/25 (No class 9/2, 9/4)

PH: \$36 RNPH: \$41 NRNPH: \$46

451171-1D Tu/Th 7:45am-8:30am/GAFC

9 mtgs: 8/27 - 9/26 (No class 9/5)

PH: \$40 RNPH: \$45 NRNPH: \$50

451171-1E Tu/Th 6:00pm-6:45pm/GAFC

9 mtgs: 8/27 - 9/26 (No class 9/5)

PH: \$40 RNPH: \$45 NRNPH: \$50

451171-2A M/W/F 8:00am-8:45am/GAFC

14 mtgs: 10/7 - 11/8 (No class 10/14)

PH: \$60 RNPH: \$65 NRNPH: \$70

451171-2B M/W/F 10:00am-10:45am/GAFC

14 mtgs: 10/7 - 11/8 (No class 10/14)

PH: \$60 RNPH: \$65 NRNPH: \$70

451171-2C M/W 6:30pm-7:15pm/GAFC

9 mtgs: 10/7 - 11/6 (No class 10/14)

PH: \$40 RNPH: \$45 NRNPH: \$50

451171-2D Tu/Th 7:45am-8:30pm/GAFC

10 mtgs: 10/8 - 11/7

PH: \$44 RNPH: \$49 NRNPH: \$54

451171-2E Tu/Th 6:00pm-6:45pm/GAFC

10 mtgs: 10/8 - 11/7

PH: \$44 RNPH: \$49 NRNPH: \$54

451171-3A M/W/F 8:00am-8:45am/GAFC

15 mtgs: 11/18 - 12/20

PH: \$64 RNPH: \$69 NRNPH: \$74

451171-3B M/W/F 10:00am-10:45am/GAFC

15 mtgs: 11/18 - 12/20

PH: \$64 RNPH: \$69 NRNPH: \$74

451171-3C M/W 6:30pm-7:15pm/GAFC

10 mtgs: 11/18 - 12/18

PH: \$44 RNPH: \$45 NRNPH: \$50

451171-3D Tu/Th 7:45am-8:30pm/GAFC

9 mtgs: 11/19 - 12/19 (No class 11/28)

PH: \$40 RNPH: \$45 NRNPH: \$50

451171-3E Tu/Th 6:00pm-6:30pm/GAFC

9 mtgs: 11/19 - 12/19 (No class 11/28)

PH: \$40 RNPH: \$45 NRNPH: \$50

AQUA ZUMBA

Ages 16+

Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

451172-A1 M/W 7:20pm-8:05pm/GAFC

8 mtgs: 8/26 - 9/25 (No class 9/2, 9/4)

PH: \$40 RNPH: \$45 NRNPH: \$50

451172-A2 M/W 7:20pm-8:05pm/GAFC

9 mtgs: 10/7 - 11/6 (No class 10/14)

PH: \$44 RNPH: \$49 NRNPH: \$54

451172-A3 M/W 7:20pm-8:05pm/GAFC

10 mtgs: 11/18 - 12/18

PH: \$48 RNPH: \$53 NRNPH: \$58

SWIM LESSONS

Contact: GAFC, 301-397-2204

Rates for all Adult Swim Lessons are:

PH: \$47 RNPH: \$52 NRNPH: \$59

ADULT SWIM LESSONS**Ages 16+**

Learn to swim in a safe, fun environment. Whether you are "Terrified of Water" or just looking to refine your technique, the instructors will help you progress toward your goal at your pace. Participants will be evaluated on the first day and split into groups based on ability; after the first day, class times will be either 7:00pm-7:45pm or 8:00pm-8:45pm depending on the grouping.

451190-1 Tu/Th 7:00pm-8:45pm/GAFC**8 mtgs: 9/10 - 10/3****451190-2 Tu/Th 7:00pm-8:45pm/GAFC****8 mtgs: 10/15 - 11/7****451190-3 Tu/Th 7:00pm-8:45pm/GAFC****8 mtgs: 11/19 - 12/17 (No class 11/28)****SWIMMER WORKOUTS****Ages 16+**

Improve endurance and refine stroke techniques. Classes will be led by a coach, rather than an instructor, who will guide you in workouts of increasing difficulty over the 4 weeks of the class. Participants are strongly encouraged to practice on their own outside of class and may sign up for more than one section of workouts at a time. Prerequisites: ability to swim multiple laps of front crawl, back crawl, breaststroke, and/or butterfly with infrequent rests. Those not ready for this workout program will be encouraged to sign up for the Adult Swim Lesson Program.

PH: \$27 RNPH: \$30 NRNPH: \$34**451195-1A M 8:00pm-8:45pm/GAFC****4 mtgs: 9/9 - 9/30****451195-1C W 8:00pm-8:45pm/GAFC****4 mtgs: 9/11 - 10/2****451195-1F Sa 8:15am-9:00am/GAFC****4 mtgs: 9/7 - 10/5 (No class 9/14)****451195-2A M 8:00pm-8:45pm/GAFC****4 mtgs: 10/14 - 11/4****451195-2C W 8:00pm-8:45pm/GAFC****4 mtgs: 10/16 - 11/6****451195-2F Sa 8:15am-9:00am/GAFC****4 mtgs: 10/19 - 11/9****451195-3A M 8:00pm-8:45pm/GAFC****4 mtgs: 11/18 - 12/16 (No class 11/25)****451195-3C W 8:00pm-8:45pm/GAFC****4 mtgs: 11/20 - 12/18 (No class 11/27)****451195-3F Sa 8:15am-9:00am/GAFC****5 mtgs: 11/23 - 12/21****SAFETY TRAINING**

Contact: GAFC, 301-397-2204

All classes will be led by an American Red Cross certified instructor. Participants must attend and participate in all course sessions, demonstrate competency in all required skills, and pass each section of the written exam with a score of 80 percent or better in order to receive certification.

ADULT & PEDIATRIC FIRST AID/CPR/AED: BLENDED**LEARNING****Ages 13+**

Learn to recognize and respond appropriately to cardiac, breathing, and first aid emergencies in adults, children, and infants. This course teaches skills, including CPR and the use of an AED, that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This class follows the Blended Learning format which combines online learning with an in-person skills session where participants will practice skills and demonstrate competency. ***Due to the online portion of this class, registration closes one week prior to start date. There is an additional \$27 certification fee that must be paid to the American Red Cross when registering for the online portion of the class.*** Participants MUST complete the online session of the training two (2) days prior to the classroom skills session.

PH: \$40 RNPH: \$44 NRNPH: \$50**457177-1 F 9/27; 6:00pm-8:00pm/GAFC****457177-2 F 10/25; 6:00pm-8:00pm/GAFC****457177-3 F 11/22; 6:00pm-8:00pm/GAFC****LIFEGUARDING PRE-TEST 457180-1****Ages 15+**

In order to qualify for the Lifeguarding class participants must complete all of the following: Swim 300 yards continuously demonstrating breath control and rhythmic breathing; tread water for 2 minutes using only the legs; complete a timed event within 1 minute, 40 seconds (starting in the water, swim 20 yards, surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object, surface and swim 20 yards on back with both hands holding object, exit the water without using a ladder or steps). Participants may drop in at any time during the scheduled times to complete the 10 to 20 minute test. Swim suits are required.

Tu/Th/Sa 7:00pm-8:00pm/GAFC**3 mtgs: 10/8 - 10/12****PH: \$5 RNPH: \$5 NRNPH: \$5****LIFEGUARDING****Ages 15+**

This program trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, first aid, breathing and cardiac emergencies, CPR, AED and more. Participants must pass Lifeguarding Pre-Test prior to registering.

PH: \$160 RNPH: \$176 NRNPH: \$200**457181-1A Sa 1:00pm-8:30pm/GAFC 4 mtgs: 10/19 - 11/9****457181-1B Tu/Th 6:00pm-9:45pm/GAFC****8 mtgs: 10/22 - 11/14**

LIFEGUARDING REVIEW**Ages 15+**

Those who are currently certified (or those that have certifications expired by no more than 12 months) as a Lifeguard may take this review class for recertification. Participants are expected to bring their own breathing barrier. Participants will review topics before given an opportunity to complete all requirements for the Lifeguarding class. Pre-Test will be conducted during first class.

PH: \$100 RNPH: \$110 NRNPH: \$125

457182-1 Sa/Su 1:00pm-8:30pm/GAFC

2 mtgs: 10/5 - 10/6

457182-2 Sa/Su 1:00pm-8:30pm/GAFC

2 mtgs: 11/23 - 11/24

HEALTH AND FITNESS

Contact: Rebekah Sutfin, 240-542-2056
rsutfin@greenbeltmd.gov

GENTLE YOGA 452201-1**Ages 16+**

A gentle but powerful practice of yoga suitable for anyone, including seniors. Learn yogic breathing, gentle postures and simple meditation techniques to help you release tension, strengthen and stretch your body, enliven your spirit and increase your sense of well-being. Bring a mat and blanket to class and refrain from eating for 2 hours before class. **Please Note: No drop-ins are allowed for this class.**

Tu 7:00pm-8:00pm/CC-202

13 mtgs: 9/17 - 12/17 (No class 10/15)

R: \$91, NR: \$101

Instructor: Laura Bonkosky

YOGA & CORE CONDITIONING 452202-2**Ages 16+**

Develop strength, flexibility, balance and a sense of well-being by combining postures, breathing practices and deep relaxation of yoga with toning and core strengthening movements. Bring a mat. Don't eat 2-3 hours before class.

Please Note: No drop-ins are allowed for this class.

Th 7:00pm-8:15pm/CC-202

13 mtgs: 9/19 - 12/19 (No class 11/28)

R: \$104, NR: \$114

Instructor: Laura Bonkosky

FIT 'N' FUN CARDIO 452203-1**Ages 16+**

Experience a variety of cardio including dance, boot camp, weights and floorwork set to great music! You will need to bring weights, water and a mat, jump rope is optional.

M/W/F 10:00am-11:15am/CC-106

36 mtgs: 9/16 - 12/13 (No class 10/14, 11/11, 11/29)

R: \$108, NR: \$118

Drop-In: R: \$4, NR: \$5

Instructor: Judy Cocchiaro

VISHWAYATAN YOGA 452204-1**Ages 16+**

Yoga for all ages. Exercise the entire body. Please DON'T eat 2-3 hours before class. Bring a mat.

Tu 6:00pm-7:00pm/CC-202

13 mtgs: 9/10 - 12/10 (No class 10/15)

R: \$91, NR: \$101

Instructor: Manju Shukla

PILATES MAT CLASS I 452210-1**Ages 16+**

A classic Pilates mat workout covering basic exercises for strengthening core muscles, and improving posture, balance and flexibility. Bring a mat or blanket and a 10-pound sandbag or bag of rice as a foot weight.

W 8:00pm-9:00pm/CC-202

R: \$77, NR: \$87

11 mtgs: 9/11 - 12/11 (No class 11/6, 11/13, 11/27)

Instructor: Catherine Turner

PILATES MAT CLASS II 452205-1**Ages 16+**

Prerequisite: Pilates Mat Class I or equivalent class (not video) experience and core strength. Class includes basic intermediate exercises for greater flexibility and core strength. Class will move at a faster pace, focusing on flow. Bring a mat (3/8 inch or more) or heavy blanket, and a 10-pound sandbag or rice bag as a foot weight.

W 6:45pm-7:45pm/CC-202

R: \$77, NR: \$87

11 mtgs: 9/11 - 12/11 (No class 11/6, 11/13, 11/27)

Instructor: Catherine Turner

TAI CHI LEVELS I/II 452207-1**Ages 16+**

Beginning levels of Yang Simplified Tai Chi Form instruction as developed by Cheng Man-Ch'ing (37 postures).

W 6:30pm-7:30pm/YC-Multi

10 mtgs: 9/11 - 11/13

R: \$70, NR: \$80

Instructor: Linda Uphoff

TAI CHI LEVEL III 452207-2**Ages 16+**

Training and corrections for students who have completed instruction in Cheng Man-Ch'ing's simplified Yang Form. Instructor approval is required. Call 301-345-5386 if you have questions.

W 7:30pm-8:30pm/YC-Multi

10 mtgs: 9/11 - 11/13

R: \$70, NR: \$80

Instructor: Linda Uphoff

TAI CHI ALL LEVELS 452206-1**Ages 16+**

Sa 9:00am-10:00am/CC-106

R: \$91, NR: \$101

13 mtgs: 9/7 - 12/14 (No class 9/14, 11/30)

Instructor: Thomas Johnson

**FUN YOGAMIX 452220-1****Ages 16+**

A fun and gentle yoga mix of breathing, poses, meditation and laughter therapy. Please bring a mat and a blanket to each class. Beginners are welcome; no experience necessary. For more information contact instructor at yogatina@yahoo.com.

Th 6:00pm-7:00pm/CC-202

13 mtgs: 9/12 - 12/12 (No class 11/28)

R: \$91, NR: \$101

Instructor: Tina McCloud

LUNCHTIME YOGA**Ages 18+**

This mixed level class offers a balanced practice of warm-ups, postures, yogic breathing, meditative awareness and relaxation designed to stretch, strengthen and energize your body, release tension, enliven your spirit and bring more ease and joy into your life. Bring a mat. Don't eat 2-3 hours before class. *Drop-ins are permitted with space available, please pay in main office prior to class.*

452221-1 Tu 12:30pm-1:30pm/CC-10**13 mtgs: 9/17 - 12/17 (No class 10/15)****R: \$91, NR: \$101; Drop-In: \$10****452221-2 Th 12:30pm-1:30pm/CC-10****13 mtgs: 9/19 - 12/19 (No class 11/28)****R: \$91, NR: \$101; Drop-In: \$10****Instructor: Laura Bonkosky****ZUMBA 452401-1****Ages 16+**

It's a party over here! Zumba Fitness dance class features a fusion of Latin and international beats integrating the Zumba formula. You will burn lots of calories and your energy level will soar! It's easy, effective, and a fun workout. Please wear comfortable clothing and shoes. Don't forget to bring water and a towel.

M 6:00pm-7:00pm/CC-202**12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)****R: \$60, NR: \$70****Instructors: Donna Lanier, Wanda Crawley-Pearson****METABOLIC FITNESS CLASS****Ages 18+**

Get Fit! This class features high intensity compound exercises for individuals of all fitness levels. Elements of plyometric exercise, strength and conditioning, and Zumba are combined to create a total body workout. The instructor has over 20 years of fitness training experience. This class will help individuals develop a new understanding of fitness with a unique, exciting, and motivating experience.

Th 6:30pm-8:00pm; Sa 8:30am-10:00am/SHLRC-Gym**Session Dates: 9/12 - 11/16****462401-10 10 card class****R: \$60, NR: \$70, Drop-In: \$10****462401-20 20 card class****R: \$100, NR: \$100, Drop-In: \$10****Instructor: Michael Thompson****BEE YOGA FAMILY WORKSHOP Ages 3-13 & Parents**

Learn ways parents and children can use simple and fun exercises to build strength, flexibility and enhance balance—using props that you already have in your home. Learn yoga poses, spend time as a family and leave the workshop with the tools you need to live a healthier lifestyle.

11:30am-12:30pm/YC-Multi**482502-1 Sa 9/7****R/NR: \$15****482502-2 Sa 10/5****R/NR: \$15****482502-3 Sa 11/2****R/NR: \$15****482502-4 Sa 12/7****R/NR: \$15****Instructor: Gretchen Schock****ULTIMATE GROOVE WORKOUT 464220-10 Ages 16+**

The Ultimate Groove is an upbeat, high/low impact; go at your own pace, total body workout designed to make you feel like you're dancing. The dance routines incorporate hip-hop, ballet, jazz, Latin, African, line dancing, and other dance styles. Plus, it includes traditional cardio, strength and flexibility training exercises. Please wear form fitting workout gear and comfortable tennis shoes. Bring water and a towel/yoga mat for floor exercises. For more information, please contact instructor at chelsea@groovedancefitness.com or 301-775-5674.

Session Dates: 9/10 - 12/14**(No class 10/5, 10/31, 11/28, 11/30, 12/5)****Sa 9:00am-10:00am; Tu 7:00pm-8:00pm;****Th 7:00pm-8:00pm/CC-10****464220-20 20-class card****R: \$120, NR: \$140****464220-10 10-class card****R: \$70, NR: \$80****464220-5 5-class card****R: \$40, NR: \$45****Instructor: Chelsea Calhoun****Contact: Chris Cherry, 240-542-2055,****ccherry@greenbeltmd.gov****VINYASA YOGA ADULTS****Ages 18+**

Start your morning with a vigorous adult yoga class! Build stamina and strength while moving through a series of yoga postures choreographed to music. The best workout for your soul and waistline! Beginners and experienced students alike, regardless of your flexibility or level of fitness are welcome. Yoga mat required. Babies (pre-crawling) are welcome to play quietly next to you while you attend class.

462502-1 M 9:30am-10:30am/CC-202**8 mtgs: 9/9 - 11/4 (No class 10/28) R: \$80, NR: \$96****462502-2 Th 9:30am-10:30am/YC-Multi****8 mtgs: 9/19 - 11/7****R: \$80, NR: \$96****Instructor: Gretchen Schock****BEE YOGA FUSION RESTORATIVE****452502-1 Ages 18+**

The body is your temple. How do you serve yours? Are you allowing time to heal, time for reflection, and time to breathe? Reduce negativity in your life and bolster your life-flow through this restorative vinyasa

yoga practice. Create a stronger, more flexible body and soul. Align your energy, breath and the flow of your body while removing the chaos from your life. Beginner to experienced adult yoga students. Yoga mat required.

Th 6:30pm-7:30pm/YC-Multi**8 mtgs: 9/26 - 11/14****R: \$80, NR: \$96****Instructor: Gretchen Schock**

ATHLETICS

Contact: Andrew Phelan, 240-542-2194
aphelan@greenbeltmd.gov

ADULT BEGINNER ARCHERY 437503-5 AGES 16+

Shoot for it! PREVIOUS EXPERIENCE NOT REQUIRED. Learn proper safety, shooting techniques, scoring, eye dominance, alignment and hand position with re-curve bows. All equipment will be provided. Sessions will be led by a certified National Archery Association instructor.

M 6:30pm-7:30pm/BF-2

9 mtgs: 9/9 - 11/4

R: \$49, NR: \$64

Instructors: Sarah Layton & Kaila Macguire

ADULT INTERMEDIATE ARCHERY 437508-6**AGES 16+**

Refine your alignment, release and follow through in an intermediate level course using re-curve and compound bows. **PARTICIPANTS REQUIRE SIX MONTHS OF ARCHERY EXPERIENCE** and basic knowledge of range safety procedures, shooting technique, hand position and stance. Enhance the skills taught in Beginner Archery. All equipment will be provided. Sessions will be led by a certified National Archery Association instructor.

Th 6:15pm-7:15pm/BF-2

9 mtgs: 9/12 - 11/7

R: \$49, NR: \$64

Instructor: Stephen "Doc" Lee

ADULT TENNIS CLINIC 452601-1 AGES 14+

With the newly renovated tennis courts, now is the time to develop your tennis skills! This lively, productive, and fun class will focus on positive energy, proper technique, and a successful approach to tennis. Classes are designed for beginner to intermediate level players. All participants will meet at 6:15pm for the first session and will be placed into their appropriate skill level by the instructor. Class space is limited, so register now!

Tu 6:15pm-8:15pm/BFTC-CRT1

8 mtgs: 9/10 - 10/29

R: \$65, NR: \$80

TKA KARATE AGES 13+

Registration for this class will be held at the Greenbelt Youth Center the first night of class. For more information please call 301-840-9262.

M 7:30pm-9:00pm/YC-Multi

15 mtgs: 9/16 - 1/6 (no class 12/23, 12/30)

R/NR: \$98

LADIES NIGHT THURSDAY BASKETBALL AGES 18+

Women 18 and over may participate during ladies night on Thursday nights from 8:00pm-9:45pm at the Springhill Lake Recreation Center. Greenbelt Recreation Facility ID required. For additional information call the Springhill Lake Recreation Center at 301-397-2212.

Th 8:00pm-9:45pm/SHLRC-Gym 10 mtgs: 9/12 - 11/14

FREE with Rec ID Card

SUNDAY OPEN RUN**AGES 18+**

Men 18 and over are encouraged to test their basketball skills against fellow community players. Recreation ID required. For more information contact Springhill Lake Recreation Center at 301-397-2212.

Su 6:00pm-9:30pm/SHLRC-Gym 10 mtgs: 9/15 - 11/17
FREE with Rec ID Card

KING OF THE CONTROLLER VIDEO GAME**TOURNAMENTS****AGES 12+**

Get off your couch and test your skills against your friends. Bi-weekly video game tournaments will be held in Madden '13 and NBA 2k13. Talk smack and show your game. There will be 2 separate age groups with uniform rules and settings for all tournaments.

Th 6:00pm-9:00pm/SHL Gameroom

Bi-Weekly Starting 9/12

AGES 12-17; 18+

Free with Rec ID Card

VISUAL ARTS

Contact Kelly Wargo, 240-542-2062
kwargo@greenbeltmd.gov

DRAWING FROM LIFE 453201-1**AGES 18+**

Gain inspiration from fellow artists as you draw or paint independently from a live model during this open studio. Students bring their own drawing or painting materials. Easels provided. All skill levels welcome. No formal instruction. Includes enrollment in Visual Arts Open Studio. This program must meet minimum enrollment by 9/9, in order to run.

W 7:00pm-9:30pm/CC-116

12 mtgs: 9/11 - 11/27

R: \$143, NR: \$165

INTRO TO PRINTMAKING 453241-1**AGES 16+**

Learn the basic skills to create monotypes, linocuts, and drypoint prints in this introductory class. Explore these techniques both in fine art and practical application (e.g. greeting cards). Includes Visual Arts Open Studio. This program must meet minimum enrollment by 9/9, in order to run.

Th 7:00pm-9:30pm/CC-116

7 mtgs: 9/12 - 10/24

R: \$96, NR: \$125

Instructor: Matthew McLaughlin

SEW FOR CHARITY 453242-1**AGES 16+**

Enjoy sharing ideas, patterns and materials with fellow sewers while creating crafts for local charities. Projects include blankets for infants and disadvantaged children, baby clothes, hats and pillow cases for cancer patients and other items according to your inspiration. Basic sewing skills required; this is not an instructional program. Participants supply their own machines, sewing supplies, and power strips/cords.

Th 10:00am-2:00pm/CC-116

R: \$5, NR: \$10

13 mtgs: 9/12 - 12/12 (No class 11/28)

VISUAL ARTS OPEN STUDIO 453216-1 **Ages 16+**

Independent use of the studio whenever the room is not reserved. Ideal for painting, drawing, fiber arts and crafts. Participants may use the studio's easels, mat cutter and other tools. Work independently or arrange to meet up with other participants for more sociable studio time. New participants must please contact studio manager Beth Fendlay for an orientation prior to using the space: bfendlay@greenbeltmd.gov or 240-542-2061.

M - Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-116

14 weeks: 9/9 - 12/15 R: \$30, NR: \$40

OPEN DARKROOM 453231-1 **Ages 16+**

Independent access for experienced darkroom users. Registered applicants must attend an orientation and certification test unless certified previously. Contact studio manager Beth Fendlay to schedule: bfendlay@greenbeltmd.gov or 240-542-2061. Refunds will be issued to any applicants not qualifying for this program. Basic chemistry provided.

M - Sa 9:00am-9:45pm; Su 9:00am-6:45pm /CC-309

14 weeks: 9/9 - 12/15 R: \$50, NR: \$60

CERAMICS

Contact Kelly Wargo, 240-542-2062

kwargo@greenbeltmd.gov

THROWING CLAY 443251-1 **Ages 10-18**

Discover the creative possibilities of both hand-building and the potter's wheel. Personalized attention enables students to follow their imagination while cultivating technical skills. Recycled clay is available at no charge for participants under age 16. Participants ages 16+: Ceramic Open Studio is included and purchase of new clay is required. Class must meet minimum enrollment by 9/19, in order to run.

Sa 10:00am-12:00pm/CC-305

12 mtgs: 9/21 - 12/7 R: \$175, NR: \$217

Instructor: Michael Pappas

HANDBUILT TABLEWARE 453256-1 **Ages 16+**

Beautiful plates, bowls, mugs, serving dishes and covered jars all can be made without a wheel. This class will show you how. Beginners and all levels welcome. Includes Ceramics Open Studio and use of a shelf. Clay purchased separately.

Th 10:30am-12:00pm/CC-304

13 mtgs: 9/12 - 12/12 (No class 11/28)

R: \$112, NR: \$146

FIGURATIVE HAND-BUILDING 453257-1 **Ages 16+**

Explore figurative sculpture using hand-building techniques. Create people, animals, and other organic forms. Beginners and all levels welcome. Individualized support provided as students pursue self-set goals. Includes Ceramics Open Studio and use of a shelf. Clay purchased separately.

M 7:00pm-9:30pm/CC-304

12 mtgs: 9/9 - 12/2 (No class 11/11) R: \$182, NR: \$236

Instructor: Judith Kornett

GLAZING TECHNIQUES 453260-1 **Ages 16+**

A practice lab for throwers, hand-builders and tile-makers at all levels. The instructor will cover the properties of glaze and will demonstrate several techniques, including various ways to use resists, oxides, and combinations of glaze. Participants will have ample time to work on individual projects. Includes Ceramics Open Studio and use of a shelf. Clay purchased separately.

Tu 7:00pm-9:30pm/CC-304

R: \$184, NR: \$239

12 mtgs: 9/10 - 12/3 (No class 10/15)

Instructor: Mary Gawlik

GREENWARE SURFACE DECORATION 453255-1**Ages 16+**

Hand-builders, potters, and tile makers: learn how to add interest and beauty to your ceramic pieces, even before the bisque fire. Class covers a wide range of surface decoration techniques, including several stamping and embossing approaches, sgraffito, carving, various applique approaches, bas relief, varieties of slipwork, wax erosion, and more. Some previous experience with ceramics is preferred, but all levels are welcome. Participants also practice ways to plan and compose designs for all forms. Includes Ceramics Open Studio and the use of a shelf. Clay purchased separately.

Th 7:00pm-9:30pm/CC-304

R: \$184, NR: \$239

12 mtgs: 9/12 - 12/5 (No class 11/28)

Instructor: Mary Gawlik

LEVEL 1 WHEEL 453281-1 **Ages 16+**

Learn basic skills on the potter's wheel, as well as how to decorate and glaze your work. This class is intended for first-time throwers and those with very limited experience. Group instruction is combined with individual support. Ceramics Open Studio included. Clay purchased separately. Use of a personal shelf is not guaranteed.

Tu 7:00pm-9:30pm/CC-305

R: \$160, NR: \$208

12 mtgs: 9/10 - 12/3 (No class 10/15)

Instructor: Gina Mai Denn

LEVEL 2 WHEEL 453282-1 **Ages 16+**

Recommended for students who can center small pieces consistently, make basic pots, and apply single glazes successfully. A good class for Level 1 "graduates" and potters with basic skills who have not thrown for a while. (First-time throwers may also participate if unable to attend the Level 1 class). Group instruction will allow students to work more independently as the class progresses. Ceramics Open Studio included. Clay purchased separately. Use of a shelf in the studio not guaranteed.

M 7:00pm-9:30pm/CC-305

R: \$160, NR: \$208

12 mtgs: 9/9 - 12/9 (No class 10/14, 11/11)

Instructor: Michael Pappas

LEVEL 3 WHEEL 453283-1**Ages 16+**

Recommended for Level 2 "graduates" who can make forms with handles and feet. Group instruction combined with individual support. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

W 7:00pm-9:30pm/CC-305**12 mtgs: 9/11 - 11/27****R: \$185, NR: \$241****Instructor: Gina Mai Denn****LEVEL 4 WHEEL 453284-1****Ages 16+**

Recommended for Level 3 "graduates" who can consistently throw a range of basic forms, can make lidded pots, and are interested in developing more advanced skills. Also recommended for potters with advanced skills who have not thrown for a while. Group instruction combined with individual support. Clay purchased separately. Includes Ceramics Open Studio and use of a shelf.

Th 7:00pm-9:30pm/CC-305**R: \$160, NR: \$208****12 mtgs: 9/12 - 12/12 (No class 10/10, 11/28)****Instructor: Mea Rhee****LEVEL 5 POTTERY 453285-1****Ages 16+**

Recommended for advanced potters who have been working regularly in the studio and have begun to develop a distinctive personal style. Class encourages professional growth (for interested students) as well as artistic development. **PREREQUISITE:** 2 sessions of Level 4 and/or instructor's permission prior to registration; write to mea@godelephant.com. Includes Ceramics Open Studio and use of a shelf. Clay purchased separately.

F 7:00pm-9:30pm/CC-305**R: \$128, NR: \$178****8 mtgs: 9/27 - 12/13 (No class 10/11, 11/8, 11/29, 12/6)****Instructor: Mea Rhee****CERAMICS OPEN STUDIO 453261-1****Ages 16+**

Independent access for current and former students of the Greenbelt Community Center ceramic programs whenever the studios are not reserved. Participants who have not attended a program here within the past 6 months must please meet with the studio manager for an orientation prior to using the space. Contact Beth Fendlay at bfendlay@greenbeltmd.gov or 240-542-2061 to schedule. Clay purchased separately. Includes use of a shelf. Students who have not taken a class yet at this facility are advised to please enroll in an instructional program.

M-Sa 9:00am-9:45pm; Su 9:00am-6:45pm/CC-304 & 305**14 weeks: 9/9 - 12/15****R: \$80, NR: \$90****RAKU WORKSHOP 453267-1****Ages 16+**

Raku is a method of fast-firing ceramic art outdoors with beautiful and surprising results. Bring up to five bisque pieces to the glazing session. Firing will take place outside of the GAFC with a pot luck lunch on firing day. Enroll for multiple slots in the class in order to fire more work. Participants are eligible to receive a 20% discount on fall session Ceramics Open Studio (separate, off-line registration required on a space-available basis). Clay purchased separately. Class must meet minimum enrollment by 10/25 in order to run.

Glazing: W, 10/30 7:00pm-9:00pm/CC-304**Firing: Sa, 11/2 (10:00-4:00pm)/GAFC (rain date: 11/9)****R: \$65, NR: \$84****Instructor: Karen Arrington****DANCE****GREEK FOLK DANCING 454201-1****Ages 16+**

Lose weight and keep fit, while having fun expressing your unique personality the Greek way through food and dance! No partner required.

Su 4:30pm-6:30pm/CC-10**8 mtgs: 10/13 - 12/1****R/NR: \$32****Instructor: Chris Tennant****BEGINNING BALLET 454202-1****Ages 15+**

A fun introduction to ballet specifically designed for teen and adult beginners! Develop strength, flexibility and balance through traditional ballet barre work as well as through conditioning exercises borrowed from Pilates and yoga. Please wear comfortable clothes but not too loose. Soft ballet shoes or bare feet. Leotards and tights not necessary. Minimum age requirement: 8/31/2013.

M 6:45pm-7:45pm /CC-10**R: \$96, NR: \$104****12 mtgs: 9/11 - 12/11 (No class 10/14, 11/11)****Instructor: Katie Heintz****HIP HOP/STREET JAZZ 444201-1****Ages 13-16**

A fun, upbeat introduction to hip hop designed especially for aspiring hip hop dancers with little to no previous dance experience. Dancers will learn the basics of popping, locking and isolations as well as fast, fun hip hop routines to a mix of exciting beats. In-studio performance for friends and family on last day of class! See Dance Performance Club for more performance opportunities. Students should wear sneakers and comfortable clothes. Minimum age requirement date: 8/31/2013.

W 5:30pm-6:30pm/CC-10**R: \$104, NR: \$112****13 mtgs: 9/11 - 12/11 (No class 11/27)****Instructor: Valerie Branch****DRAMA CLASSES****WE'LL CALL YOU: HOW TO AUDITION 444235-1****Ages 13-17**

Auditioning for shows is a skill in itself. Over the course of the class, students will choose and prepare to perform two contrasting monologues, learn how to tackle cold readings and have the option of preparing an audition song. In addition we will create resumes, learn what makes a good headshot, discuss what to wear, what to bring, and other tips for giving your best first impression in a variety of audition settings.

Tu 5:00pm-6:30pm/CC-114**10 mtgs: 9/17 - 11/19****R: \$105, NR: \$116****Instructor: Kate Magill**

Senior Programs



STITCH FOR CHARITY

473208-1

Ages 16+

Stitchers of all levels (knitters, crocheters, quilters) make items to donate to various charitable organizations. Yarn and needles provided. All ages and skill levels welcome! Instruction is available from group members.

F 10:00am-12:00pm/CC-109

15 mtgs: 9/13 - 12/27 (No class 11/29)

R: \$5, NR: \$10

HEALTH AND FITNESS

Contact: Karen Haseley for ALL senior adult programs
240-542-2054, khaseley@greenbeltmd.gov

SENIOR SWIM 471101-1

Ages 60+

Water exercises that emphasize stretching, strengthening and toning exercises for the swimmer and non-swimmer. FREE to pass holders, resident non-passholders pay \$1 each visit; non-resident, non-passholders pay \$1.50 each visit. Registration is REQUIRED.

M 11:15am-12:15pm/GAFC

13 mtgs: 9/9 - 12/23 (No class 9/30, 11/11, 11/18)

Instructor: Marsha Voigt

HOLY CROSS SENIOR EXERCISE 472202-1

Ages 50+

Increase strength, muscular endurance, and improve flexibility for greater mobility. Bring own mat and weights.

M/W/F 9:00am-9:45am/CC-106 FREE

43 mtgs: 9/9 - 12/20 (No class 11/11, 11/29)

Instructor: Karl Haddad

GET WII ACTIVE 472203-1

Ages 60+

Come bowl from the comfort of the senior classroom and get ready for the Spring State and Regionals bowling tournament. You don't want to miss this opportunity for some fun and games! Lets get Wii Active!

Tu 3:15pm-4:45pm/CC-114 FREE

16 mtgs: 9/3 - 12/17

MORE FUN

KNIT AND CROCHET 473209-1

Ages 45+

Knitters and crocheters of all levels (beginners included) will "Sit and Stitch" together. Bring your own supplies. All ages welcome! Instruction and advice available from group members.

W 6:00pm-9:00pm/CC-109

16 mtgs: 9/4 - 12/18

R: \$5, NR: \$10

THURSDAY BRIDGE 479201-1

Ages 60+

Call Robin Schlauch (301-474-2605) if you are interested in joining this group. THIS IS NOT AN INSTRUCTIONAL PROGRAM.

Th 12:30pm-3:30pm/CC-109

15 mtgs: 9/12 - 12/26 (No class 11/28)

TUESDAY BRIDGE 479201-2

Ages 60+

This bridge group plays every other Tuesday. Call Ruth Burton (301-345-0323) for more information. THIS IS NOT AN INSTRUCTIONAL PROGRAM.

Tu 12:30pm-3:30pm/CC-109

7 mtgs: 9/17 - 12/10 (No class 9/24, 10/8, 10/22, 11/5, 11/19, 12/3)

FRIDAY BRIDGE 479201-3

Ages 60+

Call Robin Schlauch at 301-474-2605 if you are interested in joining this group. THIS IS NOT AN INSTRUCTIONAL PROGRAM.

F 12:30pm-3:30pm/CC-109

15 mtgs: 9/13 - 12/27 (No class 11/29)

STRATEGY GAMES CLUB 487501-1

Ages 10+

SEE PAGE 5!



SEASONED ADULTS GROWING EDUCATIONALLY (SAGE)

A \$50 per semester fee is assessed for SAGE classes for participants age 60 and over. Once this fee is paid to Prince George's Community College, students may take as many SAGE continuing education classes as they like. Participants **MUST** pre-register. **NO REGISTRATIONS ARE ALLOWED AFTER THE CLASS HAS BEGUN!** Registration forms are available at the Greenbelt Community Center. To register or for more information, call PGCC at 301-322-0159. SYN: OwlLink Reference numbers for online registration with the college at www.pgcc.edu. Most SAGE classes begin the first week in October.

STRETCHING BEYOND 472220-1

SYN: 73552

This holistic fitness class will bring strength and balance to the mind, body, and spirit. It is a combination of mild aerobics, strength training using hand weights, and stretching and balancing exercises completed by a relaxation of the mind-body. Bring your own mats and weights.

Tu/Th 10:00am-11:00am/CC-106

27 mtgs: 10/1 - 1/23

(No class 10/22, 11/5, 11/28, 12/19, 12/24, 12/26, 12/31)

Instructor: Nancy Shaffer

LINE DANCING 472221-1

SYN: 73549

Great for beginners, or advanced dancers. Socialize, exercise, and improve your memory by learning to line dance. Basic line dance steps are taught and lots and lots of dances are performed: some old, some new, some country western, some urban, some soul. Learn to adapt the dances to the music that you might have.

W 1:30pm-3:30pm/CC-106

15 mtgs: 10/2 - 1/22 (No class 12/25, 1/1)

Instructor: Bob Meadows

BEGINNING YOGA 472223-2

Beginner/Gentle Yoga for students just starting Yoga or who want a gentle practice. All poses can be adapted to the individual. **MUST REGISTER AT COMMUNITY CENTER.**

F 10:00am-12:00pm/CC-10

14 mtgs: 10/4 - 1/24 (No class 11/29, 12/20, 12/27)

Instructor: Christine Romero

ADVANCED BEGINNING YOGA 472223-1

Advanced Beginner to Intermediate level for students with some experience in Yoga. All poses can be adapted to the individual. **MUST REGISTER AT COMMUNITY CENTER.**

W 10:00am-12:00pm/CC-10

15 mtgs: 10/2 - 1/22 (No class 12/25, 1/1)

Instructor: Christine Romero

MIXED YOGA 472223-3

SYN: 73543

Yoga beginners and up are welcome in this class.

M 10:00am-12:00pm/CC-10

13 mtgs: 9/30 - 1/13 (No class 11/11, 12/23, 12/30)

Instructor: Kamla Gupta-Smith

FACILITY CODES

GAFC=Greenbelt Aquatic & Fitness Center
SHLRC=Springhill Lake Recreation Center
YC=Youth Center; CC=Community Center
BF=Braden Field

GUSTAV MAHLER 474221-1

SYN: 73538

This course examines the genius of the Austrian composer Gustav Mahler (1860-1911). It includes a video biography on Mahler's life and musical compositions as well as selections from his Symphonies and Lieder (Songs). In music, Mahler acted as a bridge between the 19th-century Austro-German tradition and the modernism of the early 20th century. He was also one of the leading conductors of his generation.

W 10:00am-12:00pm/CC-114

7 mtgs: 10/2 - 11/13

Instructor: John Cahill

BAROQUE MUSIC 474222-1

SYN: 73539

This course presents the style of Western music composed from approximately 1600 to 1750. Baroque music expanded the size, range, and complexity of instrumental performance, and also established opera as a musical genre. Composers employing this style of music include Bach, Handel, Monteverdi, Vivaldi, Rameau, Lully, and others. Musical compositions will include selections from orchestral music and opera. Singers to be highlighted include Cecilia Bartoli and Phillipe Jaroussky.

W 10:00am-12:00pm/CC-114

7 mtgs: 11/20 - 1/15 (No class 12/25, 1/1)

Instructor: John Cahill

CONVERSATIONAL FRENCH 477201-1 SYN: 73553

Through interactive dialogues, games, and songs, students will practice listening to, and speaking, basic French. Participants will also discover fascinating aspects of French culture. No previous experience in French is required.

Th 10:30am-12:30pm/CC-114

14 mtgs: 10/3 - 1/23 (No class 11/28, 12/19, 12/26)

Instructor: Charles Sleeth

ASTONISHING POETRY 477211-1

SYN: 73545

This will be a new look at some old and new poems and some creative excesses with them, from limericks to concrete poems, via sonnets and lyrics. We'll choose poems to remember - and forget; to hate - or love; to laugh - or weep for.

Tu 1:00pm-3:00pm/CC-114

15 mtgs: 10/1 - 1/21 (No class 12/24, 12/31)

Instructor: Anne King

AGELESS GRACE 472225-1**SYN: 73548**

Ageless Grace® is a fitness and wellness program consisting of 21 simple tools for lifelong comfort and ease, designed for all ages and abilities. In this class, exercises are practiced in a chair, and they focus on the healthy longevity of the body and mind, based on movement sequences that are natural and playful.

F 11:00am-12:00pm/CC-114**14 mtgs: 10/4 - 1/24 (No class 11/29, 12/20, 12/27)****Instructor: Amy Liss****ART TECHNIQUES 473205-1****SYN: 73541**

A variety of art techniques in watercolor pencils, ink, marker, charcoal, wax resist, shading, texture and multimedia will be introduced. An exploration of composition with an emphasis on completing the work during the class period. The class is divided into 3 one hour sections. The first hour concentrates on basic drawing techniques of shading, value, texture, form and modeling. The second hour is an exploration of how to use colored pencils, ink, marker and charcoal separately and together. The third hour is putting it all together, composition and completing the drawing.

Tu 1:00pm-4:00pm/CC-113**15 mtgs: 10/1 - 1/21 (No class 12/24, 12/31)****Instructor: Susan Crane****TRAINS: THE RAILS PRESENT, PAST AND FUTURE 477231-1****SYN: 73540**

Trains have been important to the United States from the early 1800s to the present time and will continue into the future. This class will review the present profile of the train industry, rail routes and equipment as freight service or passenger service. The consolidation of rail companies over the history of rail development will be assessed. The Golden Age of Steam will be examined as we visit historic routes with operational steam engines. Video productions will expand the travel experiences and students will be encouraged to reflect their personal train travels. Future train technology will be discussed from engineering excellence.

Tu 10:30am-12:30pm/CC-114**15 mtgs: 10/1 - 1/21 (No class 12/24, 12/31)****Instructor: Michael Crane****AMERICAN POPULAR SONG 474201-1****SYN: 73546**

Examine the song writers, musicians, band leaders, and personalities who contributed to the standard era of American music (approximately 1930 - 1965). Each session includes numerous recordings and film clips that illustrate the characteristics of music from this era. Topics include presentations and discussions drawn from the likes of George Gershwin, Cole Porter, Irving Berlin, Johnny Mercer, Frank Loesser, Kurt Weill, and Harold Arlen, among others. Performances by artists such as Dinah Shore, Ella Fitzgerald, Lena Horne, Frank Sinatra, Judy Garland, Count Basie, Duke Ellington, and Artie Shaw will be presented.

M 1:00pm-3:15pm/CC-114**13 mtgs: 9/30 - 1/13 (No class 11/11, 12/23, 12/30)****Instructor: Stephen Kramer****BEGINNING MICROSOFT 477220-1****SYN: 73555**

This course covers those features of Microsoft Office 2010 that are new to the Office system, with dedicated units for the new features of each application.

Th 9:30am-11:30am/SHLRC-Conf**14 mtgs: 10/3 - 1/23 (No class 11/28, 12/19, 12/26)****R/NR: \$13****Instructor: Dana Thompson****TAKE A BREAK AND MEDITATE 477222-1****SYN: 73536**

Basic principles and benefits of meditation will be taught as well as how to integrate meditation into your daily life. Experiencing guided meditations will be the predominant format for the classes which will lead to slowing down, becoming more mindful, listening to yourself and connecting with others. Come prepared to be as comfortable as possible while sitting on a chair or getting on the floor as desired, (comfortable and layered clothes, cushion, blanket, pillow, and/or mat).

W 3:45pm-4:45pm/CC-114**15 mtgs: 10/2 - 1/22 (No class 12/25, 1/1)****Instructor: Katrina Boverman****THINKING WITH THE GREAT PHILOSOPHERS****477224-1****SYN: 73547**

Lovers of wisdom, let's use Stephen Law's book The Great Philosophers: The Lives and Ideas of History's Greatest Thinkers to see how these giants wrestled with the great questions which haunt all of us. What is the good life? What do we owe our neighbors? Is there an afterlife? What is truth? How enlightened are you? Are you still crawling around inside Plato's Cave? Critical questioning, stimulating dialogue, and generous good humor should typify, ideally, each class.

M 9:30am-11:30am/CC-114**13 mtgs: 9/30 - 1/13 (No class 11/11, 12/23, 12/30)****Instructor: Jim Link****INCREDIBLE FOLKS WHO BROUGHT US THE 20th CENTURY 477228-1****SYN: 73544**

In recent sessions, we've studied the history, art, and literature of the 19th century. Now, using videos and printed text, we will reconsider that century from the biographical perspective. We will examine the lives of the movers and shakers who shaped that age. Darwin, Bismark, and George Elliott are among those under consideration.

Th 1:00pm-3:00pm/CC-114**12 mtgs: 10/10 - 1/16 (No class 11/28, 12/19, 12/26)****Instructor: Dolores Haverstick****WAR IN THE 20th CENTURY, CONTINUED 473222-1****SYN: 73554**

A continuation of the history of the wars of the 20th century from the end of World War I to World War II and beyond. The course will present the thesis that WWI and WWII were in fact one war with only a 20 year truce. It will then discuss the wars of the second half of the 20th Century, particularly the Korean War and the Vietnam War.

W 1:30pm-3:30pm/CC-114**13 mtgs: 10/9 - 1/15 (No class 12/25, 1/1)****Instructor: Lawrence Suid**

SENIOR GLOBETROTTING

All trips leave from the library parking lot. Please note: Trip cancellations must be made no later than 36 hours in advance for a refund. Refunds will be awarded according to the provisions in the City of Greenbelt Resolution No. 65. A 10% processing fee will be assessed if money is refunded. Refunds are NOT guaranteed. Contact: Karen Haseley, 240-542-2054, khaseley@greenbeltmd.gov

SHOPPING TRIPS

Ages 60+

Transportation to and from the malls. Lunch is on your own. Green Ridge House residents will be picked up at Green Ridge House.

ANNAPOLIS MALL 478201-1

Th 10/10; 9:30am-3:00pm R: \$3, NR: \$4

WALMART/\$1 STORE 478201-2

Th 11/14; 9:30am-3:00pm R: \$3, NR: \$4

COLUMBIA MALL 478201-3

Th 12/12; 9:30am-3:00pm R: \$3, NR: \$4

ARUNDEL MILLS 478201-4

Th 1/9; 9:30am-3:00pm R: \$3, NR: \$4



***NSO POPS: CIRQUE de la SYMPHONIE: KENNEDY CENTER 478202-1**

Ages 60+

Cirque de la Symphonie's aerial artists, jugglers, strong men, illusionists, and more bring the magic of the circus to the Concert Hall. The San Francisco Examiner calls them "dazzling and elegant, if not death-defying!" Steven Reineke, conductor.

Th 9/19; 5:00pm-10:30pm R: \$54, NR: \$67

***BRIDGE BUST 478203-1**

Ages 60+

Ride the bus to the Veteran's Memorial Bridge between Columbia and Wrightsville, PA. The Bridge will feature more than 300 vendors selling antiques, crafts, and food. Free shuttles are available from the parking lot to the bridge. Wear comfortable clothes and walking shoes. The bridge is 1.25 miles long. Lunch is on your own.

Sa 10/5; 8:15am-6:00pm R: \$30, NR: \$37

***REYNOLDS TAVERN ANNAPOLIS 478204-1**

Ages 60+

Reynold's Tavern has been restored beautifully to reflect the working nature of the Tavern and the elegance of the 18th Century. It is the oldest tavern in Annapolis and one of the oldest in the U.S. Enjoy a Colonial High Tea here. A first course selection of Soup of the Day, a House Salad, or a slice of home made quiche followed by the Afternoon Tea Service. Afterwards feel free to browse through the Annapolis Historic District Shops.

W 10/23; 9:45am-3:00pm R: \$36, NR: \$45

***MAURICE HINES TAPPIN' THRU LIFE – ARENA STAGE 478206-1**

Ages 60+

Broadway legend Maurice Hines, with the unforgettable Manzari Brothers, taps us through his incredible 40 years in show business. With song and dance, Hines pays tribute to his brother, Gregory, and the singers who have inspired him, from Frank Sinatra to Lena Horne. To help bring the history of American tap to life, Hines brings The Diva Orchestra, an all-female nine-piece big band. Get ready to laugh, smile and tap your feet to the infectious song and dance of Maurice Hines!

Tu 12/17; 10:00am-4:00pm R: \$57, NR: \$70
Optional box lunch available for an additional \$16

***THE TALLEST TREE IN THE FOREST - ARENA STAGE 478207-1**

Ages 60+

Bursting with soulful music and poetic storytelling, *The Tallest Tree in the Forest* combines the theatrical talents of award-winning artist Daniel Beaty with acclaimed director, Moisés Kaufman. Discover the true story of Paul Robeson, hailed as the 'best known black man in the world' for his incomparable singing and acting, brought low by accusations of disloyalty to America. Backed by a live band, Beaty brings his "signature wit, grit and piercing lyricism" (New York Times) to more than 20 characters, asking the question, how does a man remain an artist when his soul cries out to be an activist?

W 1/22; 10:00am-4:00pm R: \$52, NR: \$64
Optional box lunch available for an additional \$16

*All the bus trips are partially subsidized by the City of Greenbelt, through the Golden Age Club. All trips will be run on a lottery basis. The lottery will be spun on August 23. Any resident who signs up for the trips listed before 4:30pm on August 23 will be included in the lottery. If there are openings after the lottery has spun, these seats will be filled on a first come, first-served basis. This will give all residents an equal opportunity to participate in the trips. If you have any questions, please call 301-397-2208.

PLEASE NOTE: Beginning September 3, any trip that is not filled will be open up to those younger than 60. Please call 240-542-2054 if interested in participating.

SENIOR CENTER

GREENBELT SENIOR CENTER

The Senior Game Room and Lounge are open to senior citizens, ages 60 and over, during regular operating hours. Call 301-397-2208 for more information.

GOLDEN AGE CLUB

The Golden Age Club meets every Wednesday from 11:00am-12:00pm in the Community Center Multipurpose Room (room 201). Activities include speakers, special programs and field trips. For membership information, call Rose Remenick at 301-474-7087.



HUNGRY??

The Senior Nutrition Program serves hot lunches at 12:00pm Monday through Friday in the commercial kitchen at the Community Center. Senior citizens must reserve a hot lunch at least two days in advance to ensure that enough meals are delivered. Requested meal donation is \$3. Please call 301-397-2208 x4215 to make reservations.

BILLIARDS

The senior game room is open for senior citizens to play pool at any time, with the exception of Tuesday, Thursday and Friday afternoons when the Bridge players use the game room. Call 301-397-2208 for more information.

Explorations Unlimited

Fridays; 1:00-3:00pm/CC-114

Watch the *News Review* for updates on topics!

8 mtgs: 9/13 - 11/8 (No class 10/11)

- Sept. 13: *Stretching Beyond* (Shaffer)
- Sept. 20: *Active Aging Week Preview* (Haseley)
- Sept. 27: *The Maryland Health Exchange: What You Need to Know* (Batey)
- Oct. 4: *Your Life, Your Legacy* (Rodenstein)
- Oct. 11: OKTOBERFEST
- Oct. 18: TBA
- Oct. 25: TBA
- Nov. 1: *Hypnosis and Pain Management* (Lundin)
- Nov. 8: TBA



Upcoming Senior Special Events

ACTIVE AGING WEEK

September 22-September 28
Discover Your Community

Free events throughout the week for individuals of all ages including health and fitness, Taylor Marie's fashion show, games, Wii and more. Watch the News Review for the schedule of events.

The Senior Citizen's Advisory Committee Presents:

Annual Senior Citizen Open Forum

Saturday, September 28, 2013

1:00 pm

**Greenbelt Community Center
Multipurpose Room
FREE**



Oktoberfest

Featuring: Helmut Licht

Friday, October 11

1:00pm

**Greenbelt Community Center Gym
Light refreshments will be served
Free**

Greenbelt Recreation Department

GREENBELT CITY COUNCIL

Judith "J" Davis, Mayor, Emmett V. Jordan, Mayor Pro-Tem, Konrad E. Herling, Leta M. Mach, Silke I. Pope, Edward V.J. Putens, Rodney M. Roberts

CITY MANAGER

Michael P. McLaughlin

GREENBELT CITY COUNCIL ADVISORY GROUPS

Contact Cindy Murray, City Clerk 301-474-3870. Boards affiliated with the Greenbelt Recreation Department include: Arts Advisory Board, Senior Citizens Advisory Committee, Park and Recreation Advisory Board and Youth Advisory Committee.

DEPARTMENT OF RECREATION ADMINISTRATIVE OFFICE, 99 Centerway, 301-397-2200

Julie McHale, CPRP, Recreation Director
Joe McNeal, CPRP, Assistant Director of Operations
Debbie Coulter, Administrative Coordinator
Celeste May, Administrative Assistant

GREENBELT AQUATIC & FITNESS CENTER

101 Centerway, 301-397-2204

Stephen Parks, Aquatics Supervisor
Cheryl Conrad, Aquatics Coordinator
Mitch Kallemyn, Aquatics Coordinator
Julie Magness, Administrative Assistant

SPRINGHILL LAKE RECREATION CENTER

6101 Cherrywood Lane, 301-397-2212

Brian Butler, Recreation Coordinator I
Frank Jones, III, Recreation Coordinator I

YOUTH CENTER, 99 Centerway, 301-397-2200

Greg Varda, CPRP, Acting Assistant Director of Programs
Andrew Phelan, Sports & Recreation Coordinator
Kayode Lewis, CPRP, Recreation Coordinator

GREENBELT COMMUNITY CENTER

15 Crescent Road, 301-397-2208

Di Quynn-Reno, CPRP, Community Center Supervisor
Chris Cherry, Performing Arts Program Coordinator
Rebekah Sutfin, CPRP, Community Center Coordinator II
Carolyn West, Administrative Assistant
Ruth Campbell, Administrative Assistant

ARTS PROGRAMS, 15 Crescent Road, 240-542-2057

Nicole DeWald, Arts Supervisor

THERAPEUTIC RECREATION PROGRAMS

15 Crescent Road, 240-542-2054

Karen Haseley, CTRS, Therapeutic Recreation Supervisor

SCHROM HILLS PARK

6915 Hanover Parkway, 301-552-2004



GREENBELT DEPARTMENT OF RECREATION RULES OF CONDUCT

The Greenbelt Recreation Department is committed to providing quality recreation and educational opportunities in a healthy, positive and enjoyable atmosphere. Our most important goal is to provide a pleasurable and secure environment for all participants. To fulfill this commitment, the Department has established Rules of Conduct. By signing the waiver on the Greenbelt Recreation Department registration form (page 28), all class participants agree to abide by these Rules of Conduct.

Individuals may lose the opportunity to participate in programs and services, including the use of center facilities throughout the Department of Recreation, subject to approval of the Assistant Director of Recreation, for any of the following:

- failure to abide by any of the rules established by the Department;
- failure to comply with the direction given by center staff in the lawful performance of their duties;
- misuse, destruction, damage or theft of Department property or the property of others;
- indecent or obscene language or conduct, including use of profanity;
- any action which, in the judgment of Department staff, places the health, safety or welfare of any person at risk. This includes but is not limited to: physical and/or verbal abuse, intimidation, coercion, inciting others to violence or disruption, sexual harassment, possession, use or distribution of weapons, instruments used as weapons, fireworks or explosives;
- possession, use or distribution of alcohol, illegal drugs or controlled substances; and
- any action that constitutes a violation of local, state or federal law.

CONSEQUENCES

Misconduct by participants will result in temporary or permanent removal from the program or facility. Refund of program fees will not be issued when removal from the program or facility is a result of non-compliance with the Rules of Conduct.

If participant is under the age of 18, a parent will be notified either face-to-face at pick up time or by written correspondence sent home. In the event that a child must be removed from a program or facility, the parent or guardian will be contacted and required to pick up the child immediately. Removal from a Recreation Department program or facility will extend to all Recreation Department programs and facilities.

GREENBELT AQUATIC AND FITNESS CENTER REGISTRATION DATES

Register in person at the Greenbelt Aquatic & Fitness Center, or online by following link at www.greenbeltmd.gov/recreation on the dates noted below. Online registration permitted for Water Exercise Classes only. Please do not pre-write checks. Class rates do not include use of fitness wing or pools before or after class times. The indoor pool is scheduled to be closed from August 18, 2013 at 8:00pm through August 26, 2013 at 6:00am for annual cleaning. The Fitness Wing will be closed August 19 & 20 for annual cleaning.

Children's Saturday Swim Lesson Dates:

September 21 - November 9

Children's Home School Lesson Dates:

September 20 - November 8

Passholders & Residents register:

September 9 & 10

Open Registration: September 11 until filled

Pre-Evaluation: September 7, 9:00am-10:30am

Have your child's skill evaluated

Meet the instructors

Turn in your registration forms.

Fall Water Exercise Class Dates:

Session I: August 26-September 27

Session II: October 7 - November 8

Session III: November 18 - December 20

Passholders & Residents register: August 5 & 6

Open Registration: August 7 until filled

Adult Swim Lesson Dates:

Session 1: September 10 - October 3

Session 2: October 15 - November 7

Session 3: November 19 - December 17

Passholders & Residents register: August 6 & 7

Open Registration: August 8 until filled

REGISTRATION INFORMATION FOR ALL OTHER CLASSES

(SAGE PROGRAM PROCEDURES LISTED ON PAGE 23.)

Registration forms may be dropped off or mailed in at any time. For your convenience, there are two drop off locations where completed registration forms can be deposited when the office is closed but the building remains open. These include the Community Center Welcome Desk and the Youth Center business office drop slot. PLEASE NOTE: All courses have a limited enrollment. Early registration improves the likelihood that you will be enrolled in your courses of choice.

Resident Registration is ongoing and will be given priority through August 25, 2013.

Non-Resident registrations will be processed beginning on August 26, 2013. Please Note: ONLINE Non-resident Registration will BEGIN at 12:00 noon on August 26.

MAIL-IN REGISTRATION PROCESS

1. Complete in its entirety the registration form located in this brochure.
2. Make payment using one of the following forms: check, money order, or credit card (Visa/MasterCard/American Express/Discover). Cash payments will not be accepted via the mail.
3. Seal in an envelope, affix proper postage and mail to: **The Greenbelt Recreation Department
25 Crescent Road
Greenbelt, Maryland 20770**

IN-PERSON REGISTRATION PROCESS

1. Visit the business office at the Community Center or Youth Center between the hours of 9:00am and 4:30pm, Monday through Friday. For walk-in aquatic and fitness course registrations and/or memberships, please visit the Greenbelt Aquatic and Fitness Center.

2. Complete a registration form in its entirety.
3. Make payment using one of the following forms: cash, check, money order, or credit card (Visa/MasterCard/American Express/Discover).

ON-LINE REGISTRATION PROCESS

1. Visit www.greenbeltmd.gov click on I WANT TO - REGISTER - Recreation classes.
2. To log into the website, your initial username is your home phone number and your password is your home zip code. If you were entered as a NEW household into the database AFTER 3/12/2010, then your default password is the primary guardian's LAST NAME. It is HIGHLY RECOMMENDED that you change this information on your first log-in. If you have NEVER enrolled in a Greenbelt Recreation Department class, you will need to call 301-397-2200 or 2208 to get your household set up. To get the RESIDENT rates, you must show proof of residency at one of the recreation department facilities.
3. Please note: there are a few classes where on-line registration is NOT allowed. Please see the class listings for more information.

CITY RESIDENCY

Resident rates apply to those persons who reside in, pay taxes to and are eligible to vote in Greenbelt elections (if 18 years of age or older). Non-resident rates apply to those who live outside of Greenbelt or those who have a Greenbelt mailing address but do not pay taxes to the City. When registering for a class or conducting business as a Greenbelt resident, proof is required in the form of a state issued photo ID or current lease with a valid Greenbelt address.

CLASS CANCELLATIONS

Classes will not be held on the following dates: **September 2 - Labor Day, *September 5 - Rosh Hashanah, *September 14 - Yom Kippur, November 11 - Veteran's Day, November 28 & 29 - Thanksgiving, or December 25 - Christmas.** Please reference the individual course description for other scheduled class cancellations. If an individual class meeting is canceled, a make-up will be held at the end of the regularly scheduled course when possible. Pre-school and children's classes scheduled before 5:00pm will not meet on some P.G. County school holidays. When Prince George's County Schools are closed or delayed due to inclement weather or emergency, please call the Greenbelt Recreation Department Weather & Information Hotline at 301-474-0646 for updated class information.

***These holidays begin at sunset of the preceding day.**

COURSE FEES

Please refer to the individual course description for current fees and pricing. A 10% discount will be given to any senior citizen 60 years of age or over registering for adult courses, with the exception of those courses designed specifically for senior citizens.

CREDITS/REFUNDS

If an activity is canceled by the Recreation Department, all enrolled patrons will receive a full credit or refund according to their preference. Under any other circumstances, the availability of a household credit or refund is not guaranteed regardless of the timing of the request. In order to be considered, requests must be received before 1/3 of the program in question has elapsed. Credit/refund request forms are available at the Community Center and Youth Center business offices. Approved credits and refunds are subject to a 10% (minimum \$2.50) processing fee and will be pro-rated to reflect the number of meetings attended by the participant.

Financial Assistance

Financial Assistance for all Greenbelt Recreation Programs

The City of Greenbelt, an inclusive community, recognizes the fact that some residents may require financial assistance in order to participate in certain recreational activities that are offered through the Greenbelt Recreation Department. As a result, the City of Greenbelt's Financial Assistance program was developed and designed to assist eligible individuals and families experiencing financial difficulties to access our programs, by providing the option to apply for a reduced fee.

The Financial Assistance Application was designed to help us determine your eligibility and the best possible solution to meet your specific needs. Please complete and return the form and the proper documentation to our office as soon as possible at: Greenbelt Recreation Department, 25 Crescent Road, Greenbelt, Maryland, 20770, ATTENTION: Financial Assistance. Regardless of your income, there are opportunities to participate. Application forms are available at all Recreation Department offices.

INCLUSION

Individuals who are physically, mentally, and/or emotionally challenged are encouraged to participate in any of our programs. Please call Karen Haseley, CTRS at 240-542-2054 to make arrangements.

CLASS SCHEDULE

Classes will begin the week of September 9, 2013. Please see the course descriptions for exceptions and specific information pertaining to class meeting dates.

LOCATION CODES

BF - Braden Field
BFTC - Braden Field Tennis Courts
CC - Greenbelt Community Center
GAFC - Greenbelt Aquatic & Fitness Center
GES - Greenbelt Elementary School
GRHS - Green Ridge House
MES - Magnolia Elementary School
SHLES - Springhill Lake Elementary School
SHLRC - Springhill Lake Recreation Center
SHP - Schrom Hills Park
YC - Greenbelt Youth Center

WEATHER & INFORMATION HOTLINE

301-474-0646

Call the weather and information hotline for updates on classes, programs and activities when there is inclement weather or another emergency.

Arts and Senior Programs: Mary Purcell Geiger Scholarship Fund

The Mary Purcell Geiger Scholarship Fund supports partial financial assistance for Greenbelt residents of any age who are interested in participating in Greenbelt Recreation Department visual arts, performing arts and senior programs. Assistance is available on a limited basis according to need. Individuals who have not yet received scholarship assistance during the current program year (July through June) will be given priority status in the awarding of support. Otherwise, assistance will be offered on a first-come, first-served basis. Please note: funds cannot be applied to the cost of PG Community College classes, camps (for which separate scholarship assistance is available), courses offered by independent individuals and organizations, or programs costing less than the minimum required patron contribution. Mary Purcell Geiger Scholarship application forms are available at the Greenbelt Community Center.

GREENBELT ACTIVITY REGISTRATION FORM

(PLEASE PRINT)

Adult Participant/Parent/Guardian _____

Address _____

☐ Please check here if this is a new address.

City _____ State _____ Zip _____

Phone (home) _____ (work) _____ (cell) _____

E-mail _____ *Receipts are sent via e-mail whenever possible.*

Emergency Contact _____ Emergency Phone _____

A modification due to disability is needed for an individual below to participate in this program. YES ___ NO ___
If yes, please complete a Special Assistance Request Form provided by the Recreation Department or download it from www.greenbeltmd.gov/recreation/special_assistance.htm.

Participant's Name	Male/ Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please make checks payable to: City of Greenbelt				TOTAL	

☐ Please charge my (please circle): VISA MC AM EX DIS

Expiration Date: _____ Credit Card Number: _____

Signature: _____ Date: _____

PLEASE READ THE FOLLOWING CAREFULLY AND SIGN.

INSURANCE: I hereby inform the City of Greenbelt and the Greenbelt Recreation Department that I will assume any and all medical insurance coverage for the above named participant(s), and that said coverage shall be adequate to cover any and all possible accidents or injuries to the above named participant(s) received during any phase of this program.

RELEASE: I hereby release and agree to hold harmless the City of Greenbelt and the Greenbelt Recreation Department, its employees, volunteers, coaches and other participants from any act of commission or omission which may result in any personal injury or property damage arising out of the above named participant's participation in this program. I further agree to save harmless the City of Greenbelt and the Greenbelt Recreation Department, its employees, volunteers, coaches and other participants from all losses, costs and expenses (including attorney's fees and court costs), settlement payment (whether or not reduced final judgment) and all liabilities, damages and fines paid, incurred, or suffered by the City of Greenbelt and the Greenbelt Recreation Department by reason of, or arising out of injuries to persons (including death) or property damage caused by or attributed to the above named participant's participation in this program.

PHOTO/VIDEO RELEASE: Unless otherwise indicated in writing by participant or parent/guardian at the time of registration, photographs and videos of participants may be taken while participating in the program activities for use in City of Greenbelt publications, social media or other advertising venues. No personal information other than the participant's first name will be released under any circumstances.

RULES OF CONDUCT: I agree that I and/or the minors for whom I am responsible will abide by the Recreation Department's Rules of Conduct as outlined on page 27 of this brochure.

X _____ **X** _____
Adult Participant or Guardian's Signature Date Additional Adult Participant's Signature Date

If more than one adult in the same household is signing up for an activity, both must sign the waiver.

Recreation Facilities

GREENBELT COMMUNITY CENTER

15 Crescent Road 301-397-2208 www.greenbeltmd.gov/communitycenter

Operating Hours: Monday - Saturday 9:00am-10:00pm, Sunday 9:00am-7:00pm

GREENBELT AQUATIC & FITNESS CENTER

101 Centerway 301-397-2204, www.greenbeltmd.gov/GAFC

Hours of Operation: Monday - Friday 6:00am-10:00pm Saturday & Sunday 8:00am-9:00pm

Daily Admission Rates

	Resident	Non-Resident
Youth (1-13 yrs)	\$2.50	\$3.50
Young Adult (14-17 yrs)	\$3.50	\$4.50
Adult (18-59 yrs)	\$4.50	\$5.50
Senior (60+)	\$3.25	\$3.75

Important Reminders

- The above hours are subject to change.
- All members are required to scan their membership card to gain entry into the Aquatic & Fitness Center. Please see guidelines (next column) on becoming a member.
- Swimming must cease, and pools must be vacated 15 minutes before the scheduled end of day for maintenance and closing procedures.
- Aquatic classes take precedence over recreational swimming. Patrons may use whatever sections of the pool that are not being utilized by classes. A minimum of three (3) lap lanes are available at all times, except during swim team practices, when one (1) open swim lane is available.
- The facility closes at 8:00pm the third Sunday of every month for staff training.
- The hot tub closes every other Wednesday from noon to 8:00pm for regular cleaning.
- All passes are non-refundable and non-transferable.

Becoming a Member

Becoming a member is easy – just follow these steps:

- Stop by the Greenbelt Aquatic & Fitness Center front desk and ask to become a member.
- Staff will enter you into our computer system.
- Make payment.

If you are purchasing a Resident Membership, you will be required to provide proof of residency in the form of a state issued photo ID or current lease with a valid Greenbelt address. Without proof of residency at a valid Greenbelt address, you can only be issued a Non-Resident Membership at the Non-Resident Membership rate.

Explanation of Membership Passholder Categories:

Youth Membership: 1-13 years of age

Young Adult Membership: 14-17 years of age

Adult Membership: 18-59 years of age

Senior Membership: 60 years of age and older

Single Parent Family Membership: One adult & single dependents, under the age of 21, residing permanently in the same household.

Family Membership: Two adults & single dependents, under the age of 21, residing permanently in the same household.

Residents: Those residing within the corporate limits of Greenbelt who pay City taxes and are entitled to vote in City elections (Greenbelt Road and 6999-7699 Hanover Parkway are not considered Greenbelt addresses.)

Non-Residents: Those residing outside the corporate limits of Greenbelt.

12 MONTH MEMBERSHIPS

(Valid for 12 months from date of purchase.)

	Res	Non-Res
Youth	\$113	\$242
Young Adult	\$177	\$303
Adult	\$242	\$364
Senior	\$124	\$254
Single Parent Family	\$354	\$605
Family	\$499	\$651
Corporate	\$1002	\$1002

9 MONTH MEMBERSHIPS

(Valid for 12 months from date of purchase.)

	Res	Non-Res
Youth	\$84	\$190
Young Adult	\$136	\$239
Adult	\$190	\$288
Senior	\$91	\$204
Single Parent Family	\$273	\$477
Family	\$384	\$552
Corporate	NA	NA

GREENBELT YOUTH CENTER & SPRINGHILL LAKE RECREATION CENTER

Youth Center, 99 Centerway 301-397-2200

Operating Hours: Monday - Friday 3:00pm-9:45pm

Saturday 9:00am-9:45pm, Sunday 1:00pm-9:45pm

www.greenbeltmd.gov/youthcenter

Springhill Lake Recreation Center,

6101 Cherrywood Lane 301-397-2212

Monday - Friday 2:00pm-9:45pm

Saturday 9:00am-9:45pm, Sunday 1:00pm-9:45pm

www.greenbeltmd.gov/SHLRC

Clubs and Contacts



alight dance theater, Angella Foster
www.alightdancetheater.org,
301-821-1331

Astronomical Society of Greenbelt
Martha Gay, 301-474-3305

Boy Scout Troop 746
Lenny Wertz, 301-864-0254

Central MD Amateur Radio Club Inc.
Lester Whitmer, 301-345-8897

**County Informational & Referral
Services for the Aging**
301-265-8450

Cub Scout Pack 202
Ben Clark, cubinfo@pack202.org

Friends of the Greenbelt Library
Joyce Griffin, President, 240-508-9162

Friends of the Greenbelt Museum
Megan Searing-Young, 301-507-6582

Friends of New Deal Café Arts
Barbara Simon, 301-474-2192

Friends of the Resource Advocate
Kris White, 301-474-4285

Glass Guild of Greenbelt
Joan Falcao, 301-982-0257

Greenbelt Access Television (GATE)
Malia Murray, 301-507-6581

Greenbelt American Legion Post 136
Steven Messer, 301-345-0136

Greenbelt Aquatic Boosters
Diane Irving, 301-215-8926

Greenbelt Arts Center, 301-441-8770
www.greenbeltartscenter.org

Greenbelt Assoc. for the Visual Arts
Barbara Simon, 301-474-2192

Greenbelt Babe Ruth
Bob Sonneveldt, 301-345-1033

Greenbelt Baseball
Jim Inzeo, 301-832-6631

**Greenbelt Boys & Girls Club
Information Line**,
301-794-0100, www.greenbeltbgc.org

**Greenbelt Branch, P. G. County
Library**, 301-345-5800

Greenbelt CARES, 301-345-6660

Greenbelt Community Development Corp.
Barbara Simon, 301-474-2192

Greenbelt Community Foundation
Barbara Havekost, 301-474-6369

Greenbelt Community Gardens
Susan Barnett, 301-474-7465

Greenbelt Concert Band
Thomas Cherrix, 301-552-1444

Greenbelt Connection,
301-474-4100

Greenbelt Dog Park Association
Marjorie Whitacre, 301-345-3791

Greenbelt Farmers Market
Lynn Chandler, 301-474-0688

Greenbelt Girl Scouts
Marci Booth, 301-345-6779

Greenbelt Golden Age Club
Cathy Brannan, 301-513-0948

Greenbelt Green Man Festival
Jean Newcomb, 301-441-9023



**Greenbelt Intergenerational Volunteer
Exchange Service (GIVES)**
301-507-6580

**Greenbelt Labor Day Festival
Committee**
Linda Ivy, 301-675-0585

Greenbelt Lions Club
Linda Varda, 301-474-8964

Greenbelt Mamas and Papas
Jamie Casey, 301-345-4974

Greenbelt Museum
301-507-6582 or 301-474-1936



**Greenbelt National Park and
Campground**, 301-344-3948

Greenbelt Pride
Jennifer Renne, 301-982-1881

Greenbelt Pottery Group,
Stephanie Massey,
deltatwin@hotmail.com
(Class/studio info: 240-542-2062)

Greenbelt Rotary Club
Louis Pope, 301-441-1100

Greenbelt Senior Softball
George Harrison, 301-538-3636



Greenbelt Soccer Alliance
David Whiteman, 240-391-8598
www.greenbeltsoccer.org

Greenbelt Tennis Association
June Dea, 240-547-9434

Greenbelt Volksmarchers
Salva Holloman, 301-937-3549

Greenbelt Writers Group
Matt Arbach, 301-801-0645

Greenbelt Youth Double Dutch
Kim Bradshaw, 301-503-6962

Greenbriar Community Center
301-441-1096

Green Ridge House, 301-474-7595
Hunting Ridge Community Center
301-345-1777

**Maryland-National Capital Park and
Planning Commission**
Cheryl Moran, 301-345-2808

OutoftheBlackBox Theatre Co.
301-922-1865, www.02b2.org

Patuxent Widowed Persons Service
301-474-6892

Potomac Pedalers Touring Club
Bill Clarke, 301-474-7280

Transit Riders United of Greenbelt
Cynthia Newcomer, 301-345-0730

Transitions Theater, Inc.,
Transitionstheater@gmail.com

Windsor Green Community Center
301-345-4837